USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Lutein + zeaxanthin (μg)

Food Subset: All Foods Ordered by: Nutrient Content
Measured by: Household
Report Run at: October 23, 2015 12:29 EDT

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	25606
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	25606
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	23720
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	23720
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	22630
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	20409
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	20409
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	20354
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	20354
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	19736
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	19541
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	19276
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	19276
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	18527
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	18527
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	15537
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	15537
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	14906
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	14906
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	14560
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	13860
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	12154
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	12154
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	11774
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	11774
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	11343
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	11343
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	10812

1800 Mustard greens, frozen, conked, builed, drained, with sait 1500 1.0 cap, chopped or deed 10008 1892 Turning greens, frozen, conked, builed, drained, with sait 82.0 0.5 cap 7770 11208 Dandelion greens, conked, builed, drained, without salt 105.0 1.0 cap, chopped 96.6 43337 Until greens, camed, no salt added 1440 1.0 cap, chopped 748.6 43348 Seech potate leaves, cooked, steamed, without salt 64.0 1.0 cap, chopped 732.7 11508 Sweet potate leaves, cooked, steamed, without salt 64.0 1.0 cap, chopped 732.7 11508 Turning greens, saw 55.0 1.0 cap, chopped 732.7 11509 Sweet potato leaves, cooked, steamed, without salt 64.0 1.0 cap, chopped 732.7 11509 Sweet potato leaves, cooked, builed, drained, without salt 35.0 1.0 cap, chopped 51.5 11509 Sprinch coullie 35.0 1.0 cap, chopped 51.5 11509 Sprinch coullie 35.0 1.0 cap, chopped 31.5 11500 Sea, garden, coo	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11892 Tuning greens, frozen, cooked, boiled, drained, without salt 82.0 0.5 cup 977 11208 Dandelion greens, cooked, boiled, drained, without salt 105.0 1.0 cup, chopped 9616 1837 Tuning greens, camed, no salt added 144.0 0.0 cup, chopped 7486 11207 Dandelion greens, raw 55.0 1.0 cup, chopped 7327 11508 Sweet potuto leaves, cooked, steamed, without salt 46.0 1.0 cup 7327 11508 Tuning greens, raw 55.0 1.0 cup, chopped 7034 11509 Verse potuto leaves, cooked, steamed, without salt 50.0 1.0 cup, chopped 7034 11503 Creas, garden, raw 53.0 1.0 cup, chopped 7034 11505 Sweet potuto leaves, cooked, steamed, without salt 278.0 1.0 package (10 on) side 4179 11523 Peas and carrost, frazor, cooked, boiled, drained, without salt 273.0 1.0 package (10 on) side 4179 11524 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 223.0 1.0 cup 4186 11529	11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	10008
11208 Dandelion greens, cooked, boiled, drained, without sult 1050 1.0 cup, chopped 9616 13387 Turing greens, canned, no sal added 144.0 1.0 cup, chopped 486 11874 Sweet potuto leaves, cooked, steamed, with sult 64.0 1.0 cup, chopped 7327 11868 Turing greens, cow 55.0 1.0 cup, chopped 7327 11876 Sweet potuto leaves, cooked, steamed, without salt 64.0 1.0 cup 7327 11876 Turing greens, raw 55.0 1.0 cup, chopped 7052 11876 Sweet potuto leaves, raw 55.0 1.0 cup, chopped 7152 11872 Sweet potuto leaves, raw 35.0 1.0 cup, chopped 4152 11872 Sweet potuto leaves, raw 35.0 1.0 cup, chopped 4152 11872 Sweet potuto leaves, raw 35.0 1.0 cup, chopped 4152 11872 Says and carrots, frozen, cooked, boiled, drained, without salt 278.0 1.0 cup, chopped 4152 11882 Says and carrots, frozen, cooked, boiled, drained, without salt 223.0 1.0	11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	10008
43387 Turnip greens, camed, no salt added 1440 10 cmp 949 11207 Dankloino guerns, raw 55.0 1.0 cmp, chopped 7.866 11874 Sweet potato leaves, cooked, steamed, without salt 64.0 1.0 cmp, chopped 7.227 11868 Turnip greens, raw 55.0 1.0 cmp, chopped 7.054 11878 Vesset potato leaves, cooked, steamed, without salt 55.0 1.0 cup, chopped 7.054 11878 Super potato leaves, raw 55.0 1.0 cup, chopped 5152 11888 Spinch souffle 136.0 1.0 cup, chopped 5152 11898 Spinch souffle 136.0 1.0 cup, chopped 5152 11898 Spinch souffle 136.0 1.0 cup, chopped 4149 11816 Squash, summer, zucchini, includes skin, frozen, cooked, builed, drained, without salt 223.0 1.0 cup, choped 4186 11811 Peas, green, cooked, builed, drained, without salt 180.0 1.0 cup 4149 11857 Squash, summer, all varieties, cooked, builed, drained, with salt 180.0 1.0 cup, cu	11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	9770
11207 Dandelion greens, raw 550 1.0 cup, chopped 788 11874 Sweet portole leaves, cooked, steamed, without salt 640 1.0 cup 7327 11568 Turnip greens, raw 550 1.0 cup, chopped 708 11203 Cress, garden, raw 550 1.0 cup, chopped 708 11205 Sweet potato leaves, cawked, steamed, without salt 350 1.0 cup, chopped 708 11205 Sweet potato leaves, raw 350 1.0 cup, chopped 708 11205 Sweet potato leaves, raw 350 1.0 cup, chopped 718 11805 Sweet potato leaves, cawked, boiled, drained, without salt 2280 1.0 cup, chopped 718 11823 Peas and carroix, frozen, cooked, boiled, drained, with salt 2230 1.0 cup, chopped 418 11841 Peas, green, cooked, boiled, drained, with salt 1600 1.0 cup, since 414 11841 Peas, green, cooked, boiled, drained, with salt 1800 1.0 cup, since 414 11845 Squash, summer, all varieties, cooked, boiled, drained, with salt 1800	11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	9616
11874 Sweet potato leaves, cooked, steamed, without salt 64.0 1.0 cm 7327 11866 Verse potato leaves, cooked, steamed, without salt 55.0 1.0 cm, pender, pend	43387	Turnip greens, canned, no salt added	144.0	1.0 cup	9491
11506 Sweet potato leaves, cooked, steamed, without salt 64.0 1.0 cap 7227 11568 Turnip greens, raw 55.0 1.10 eap, chopped 7054 11203 Cress, garden, raw 50.0 1.0 cap, chopped 6550 11568 Spinach souffle 136.0 1.0 cap, chopped 5152 11688 Spinach souffle 136.0 1.0 package (To oxy jetels 4276 11822 Pean and carross, frozen, cooked, boiled, drained, without salt 223.0 1.0 package (To oxy jetels 4276 11840 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223.0 1.0 cap 4186 11841 Pean, green, cooked, boiled, drained, without salt 160.0 1.0 cap 4149 11845 Pean, green, cooked, boiled, drained, without salt 180.0 1.0 cap 4149 11857 Squash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cap 4048 11847 Squash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cap 3761 11858 Stripg	11207	Dandelion greens, raw	55.0	1.0 cup, chopped	7486
11568 Turnip greens, raw 550 1.0 cup, chopped 7054 11203 Cress, garden, raw 500 1.0 cup 6250 11505 Sweet potato leaves, raw 35.0 1.0 cup, chopped 5151 11508 Sprianch souffle 136.0 1.0 cup, chopped 4419 11523 Peas and carrots, frozen, cooked, boiled, drained, without salt 278.0 1.0 package (10 oz) yields 4276 11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223.0 1.0 cup 4186 11811 Peas, green, cooked, boiled, drained, without salt 223.0 1.0 cup 4186 11811 Peas, green, cooked, boiled, drained, without salt 1600 1.0 cup 4149 11857 Squash, summer, all varieties, cooked, boiled, drained, without salt 1800 1.0 cup sliced 4018 11857 Squash, summer, all varieties, cooked, boiled, drained, without salt 1800 1.0 cup sliced 4018 11857 Lambsquarters, steamed (Northern Plains Indians) 65.0 1.0 cup 3100 11147 Chrud, swi	11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	7327
11203 Cress, garden, raw 50.0 1.0 cup, chopped 5152 11805 Sweet potato leaves, raw 35.0 1.0 cup, chopped 5152 11805 Spinach souffle 136.0 1.0 cup, chopped 5152 11823 Peas and carotis, frozen, cooked, boiled, drained, without salt 278.0 1.0 package (100 x) picks 4276 11840 Sguash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223.0 1.0 cup 4186 11881 Peas, green, cooked, boiled, drained, without salt 160.0 1.0 cup 4186 11881 Peas, green, cooked, boiled, drained, without salt 160.0 1.0 cup slice 4186 11887 Sguash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup slice 4186 11887 Sguash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup slice 4186 11887 Sguash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup slice 4186 11897 Agusty, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup slice<	11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	7327
11505 Sweet potato leaves, raw 35.0 1.0 cup, chopped 5152 11658 Spinach souffle 136.0 1.0 cup 4419 11323 Peas and carrots, frozen, cooked, boiled, drained, without salt 278.0 1.0 package (10 cz) yields 4276 11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 223.0 1.0 cup 4186 11810 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 4189 11811 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 4149 11805 Peas, green, cooked, boiled, drained, without salt 180.0 1.0 cup 4149 11807 Squash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup sliced 4048 35197 Lambsquarters, steamed (Northern Plains Indians) 65.0 1.0 cup 300 11147 Chard, swiss, raw 30.0 1.0 cup 3678 11580 Spinach, raw 160.0 1.0 cup 3578 11591 Noodles, egg, spinach, enriched, cooked 160.0 <td>11568</td> <td>Turnip greens, raw</td> <td>55.0</td> <td>1.0 cup, chopped</td> <td>7054</td>	11568	Turnip greens, raw	55.0	1.0 cup, chopped	7054
11688 Spinach soufffe 1360 1.0 cup 4419 11823 Peas and carrots, frozen, cooked, boiled, drained, without salt 278.0 1.0 package (10 oz) yields 4276 11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 223.0 1.0 cup 4186 11811 Peas, green, cooked, boiled, drained, with salt 1600 1.0 cup 4149 11805 Peas, green, cooked, boiled, drained, with salt 1600 1.0 cup 4149 11805 Peas, green, cooked, boiled, drained, with salt 1800 1.0 cup slices 4448 11807 Squash, summer, all varieties, cooked, boiled, drained, without salt 1800 1.0 cup slices 4448 11807 Lambsquarters, sleamed (Northern Plains Indians) 55.0 1.0 cup 408 11817 Chard, swiss, raw 36.0 1.0 cup 369 11847 Chard, swiss, raw 30.0 1.0 cup 369 11857 Spinach, raw 15.0 1.0 cup 357 11858 Singen, Nettles, blanched (Northern Plains Indians) 18.0	11203	Cress, garden, raw	50.0	1.0 cup	6250
11323 Peas and carrots, frozen, cooked, boiled, drained, without salt 2780 1.0 package (10 oz) yields 4276 11862 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 223.0 1.0 cup 4186 11880 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt 223.0 1.0 cup 4186 11881 Peas, green, cooked, boiled, drained, with salt 1600 1.0 cup 4149 11887 Squash, summer, all varieties, cooked, boiled, drained, with salt 1800 1.0 cup slices 4048 11887 Squash, summer, all varieties, cooked, boiled, drained, without salt 1800 1.0 cup slices 4048 11897 Lambsquarters, steamed (Northern Plains Indians) 65.0 1.0 cup slices 4048 11897 Chard, swiss, raw 36.0 1.0 cup 3718 11897 Spinach, raw 30.0 1.0 cup 3592 11804 Peas, green, raw 145.0 1.0 cup, chopped 3571 12151 Nuts, pistachio nuts, raw 105.0 1.0 cup, chopped 3581 11882	11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	5152
11862 Squash, summer, zuechini, includes skin, frozen, cooked, boiled, drained, with salt 223.0 1.0 cup 4186 11480 Squash, summer, zuechini, includes skin, frozen, cooked, boiled, drained, without salt 160.0 1.0 cup 4186 11811 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 4149 11857 Squash, summer, all varieties, cooked, boiled, drained, with salt 180.0 1.0 cup slices 4048 11857 Squash, summer, all varieties, cooked, boiled, drained, with salt 180.0 1.0 cup, sliced 4048 11857 Squash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 4048 11857 Squash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup 4005 11974 Chard, swiss, raw 36.0 1.0 cup 3960 11175 Chard, swiss, raw 36.0 1.0 cup 3718 11845 Spinach, raw 30.0 1.0 cup 3559 11845 Spinach, raw 123.0 1.0 cup, shredded 3551 11782	11658	Spinach souffle	136.0	1.0 cup	4419
11480 Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt 223.0 1.0 cup 4186 11811 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 4149 11805 Peas, green, cooked, boiled, drained, without salt 160.0 1.0 cup 4149 11857 Squash, summer, all varieties, cooked, boiled, drained, with salt 180.0 1.0 cup slices 4048 11857 Squash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup, slices 4048 11857 Squash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup, slices 4048 11859 Lambsquarters, steamed (Northern Plains Indians) 65.0 1.0 cup 4005 11147 Chard, swiss, raw 36.0 1.0 cup 3718 11487 Spinach, raw 30.0 1.0 cup 3659 11504 Peas, green, raw 145.0 1.0 cup 3571 11782 Note, pistachio nuts, raw 123.0 1.0 cup 3571 11782 Dandelion greens, cooked, boiled, drained, with	11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	4276
11811 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 4149 11805 Peas, green, cooked, boiled, drained, without salt 160.0 1.0 cup slices 4048 11857 Squash, summer, all varieties, cooked, boiled, drained, with salt 180.0 1.0 cup slices 4048 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 4048 35197 Lambsquarters, steamed (Northern Plains Indians) 65.0 1.0 cup 306 35197 Chard, swiss, raw 36.0 1.0 cup 3960 35205 Stinging Nettles, blanched (Northern Plains Indians) 89.0 1.0 cup 3718 11457 Spinach, raw 30.0 1.0 cup 3659 11304 Peas, green, raw 145.0 1.0 cup 3571 12151 Nuts, pistachio nuts, raw 123.0 1.0 cup 3571 12152 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 3588 11952 Radicchio, raw 40.0 1.0 cup, chopped 3533 111767 Chrysanthemum, garland, cooked, boiled, drained, with	11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	4186
Peas, green, cooked, boiled, drained, without salt 160.0 1.0 cup 4149 11857 Squash, summer, all varieties, cooked, boiled, drained, with salt 180.0 1.0 cup slices 4048 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 4048 35197 Lambsquarters, steamed (Northern Plains Indians) 65.0 1.0 cup 3005 3005 300	11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	4186
11857 Squash, summer, all varieties, cooked, boiled, drained, with salt 180.0 1.0 cup slices 4048 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 4048 35197 Lambsquarters, steamed (Northern Plains Indians) 65.0 1.0 cup 360 11147 Chard, swiss, raw 36.0 1.0 cup 3718 35205 Stinging Nettles, blanched (Northern Plains Indians) 89.0 1.0 cup 3659 11304 Peas, green, raw 145.0 1.0 cup 3592 20112 Noodles, egg, spinach, enriched, cooked 160.0 1.0 cup 3571 12151 Nuts, pistachio nuts, raw 123.0 1.0 cup 3571 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 3588 11952 Radicchio, raw 40.0 1.0 cup, chopped 3533 111767 Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup, cup (1" pieces) 3467 111794 Lambsquarters, cooked, boiled, drained, with salt 18	11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	4149
11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 4048 35197 Lambsquarters, steamed (Northern Plains Indians) 65.0 1.0 cup 360 11147 Chard, swiss, raw 36.0 1.0 cup 3718 35205 Stinging Nettles, blanched (Northern Plains Indians) 89.0 1.0 cup 3659 11457 Spinach, raw 30.0 1.0 cup 3659 11304 Peas, green, raw 145.0 1.0 cup 3571 12151 Nuts, pistachio nuts, raw 123.0 1.0 cup 3571 12152 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 3588 11952 Radicchio, raw 40.0 1.0 cup, chopped 3533 111767 Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup (1" pieces) 3467 11158 Chrysanthemum, garland, cooked, boiled, drained, with salt 180.0 1.0 cup (1" pieces) 3467 11794 Lambsquarters, cooked, boiled, drained, with salt 180.0 1.0 cup, choppe	11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	4149
35197 Lambsquarters, steamed (Northern Plains Indians) 65.0 1.0 cup 4005 11147 Chard, swiss, raw 36.0 1.0 cup 3960 35205 Stinging Nettles, blanched (Northern Plains Indians) 89.0 1.0 cup 3718 11457 Spinach, raw 30.0 1.0 cup 3659 11304 Peas, green, raw 145.0 1.0 cup 3571 12151 Noodles, egg, spinach, enriched, cooked 160.0 1.0 cup 3571 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 3568 11952 Radicchio, raw 40.0 1.0 cup, shredded 3533 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup (1" pieces) 3467 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11254 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11257 Parsley, fresh 60.0 1.0 cup, chopped 3337 <td>11857</td> <td>Squash, summer, all varieties, cooked, boiled, drained, with salt</td> <td>180.0</td> <td>1.0 cup slices</td> <td>4048</td>	11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	4048
11147 Chard, swiss, raw 36.0 1.0 cup 3960 35205 Stinging Nettles, blanched (Northern Plains Indians) 89.0 1.0 cup 3718 11457 Spinach, raw 30.0 1.0 cup 3659 11304 Peas, green, raw 145.0 1.0 cup 3571 12151 Nodles, egg, spinach, enriched, cooked 160.0 1.0 cup 3571 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 3568 11952 Radicchio, raw 40.0 1.0 cup, shredded 3533 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup ("pieces) 3467 11158 Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup ("pieces) 3467 111794 Lambsquarters, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 3343 11255 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11267 Parsley, fresh 60.0 1.0 cup, chopped 3337	11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	4048
35205 Stinging Nettles, blanched (Northern Plains Indians) 89.0 1.0 cup 378 11457 Spinach, raw 30.0 1.0 cup 3659 11304 Peas, green, raw 145.0 1.0 cup 3592 20112 Noodles, egg, spinach, enriched, cooked 160.0 1.0 cup 3571 12151 Nuts, pistachio nuts, raw 123.0 1.0 cup 3571 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 3568 11952 Radicchio, raw 40.0 1.0 cup, chopped 3533 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup (1" pieces) 3467 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt 100.0 1.0 cup (1" pieces) 3467 11794 Lambsquarters, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 3343 11245 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11297 Parsley, fresh 60.0 1.0 cup chopped <	35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	4005
11457 Spinach, raw 30.0 1.0 cup 3659 11304 Peas, green, raw 145.0 1.0 cup 3592 20112 Noodles, egg, spinach, enriched, cooked 160.0 1.0 cup 3571 2151 Nuts, pistachio nuts, raw 123.0 1.0 cup 3571 2178 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 3568 2182 Radicchio, raw 40.0 1.0 cup, shredded 3533 2183 Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup (1" pieces) 3467 2184 Chrysanthemum, garland, cooked, boiled, drained, without salt 100.0 1.0 cup (1" pieces) 3467 2185 Chrysanthemum, garland, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 2184 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 2185 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 2185 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 2196 Parsley, fresh 60.0 1.0 cup chopped 3337 2197 Parsley, fresh 60.0 1.0 cup chopped 3337 2198 Split pea soup, canned, reduced sodium, prepared with water or ready-to serve 253.0 1.0 cup	11147	Chard, swiss, raw	36.0	1.0 cup	3960
11304 Peas, green, raw 145.0 1.0 cup 3592 20112 Noodles, egg, spinach, enriched, cooked 160.0 1.0 cup 3571 12151 Nuts, pistachio nuts, raw 123.0 1.0 cup 3571 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 3568 11952 Radicchio, raw 40.0 1.0 cup, shredded 3533 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup (1" pieces) 3467 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt 100.0 1.0 cup (1" pieces) 3467 11794 Lambsquarters, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 3343 11245 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11297 Parsley, fresh 60.0 1.0 cup chopped 3337 06192 Split pea soup, canned, reduced sodium, prepared with water or ready-to serve 253.0 1.0 cup 1.0 cup	35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	3718
20112 Noodles, egg, spinach, enriched, cooked 160.0 1.0 cup 3571 12151 Nuts, pistachio nuts, raw 123.0 1.0 cup 3571 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 3568 11952 Radicchio, raw 40.0 1.0 cup, shredded 3533 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup (1" pieces) 3467 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt 100.0 1.0 cup, chopped 3434 11794 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11245 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11297 Parsley, fresh 60.0 1.0 cup chopped 3337 06192 Split pea soup, canned, reduced sodium, prepared with water or ready-to serve 253.0 1.0 cup 1.0 cup	11457	Spinach, raw	30.0	1.0 cup	3659
12151 Nuts, pistachio nuts, raw 123.0 1.0 cup 3571 11782 Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 3568 11952 Radicchio, raw 40.0 1.0 cup, shredded 3533 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup (1" pieces) 3467 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt 100.0 1.0 cup (1" pieces) 3467 11794 Lambsquarters, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 3343 11245 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11297 Parsley, fresh 60.0 1.0 cup chopped 3337 06192 Split pea soup, canned, reduced sodium, prepared with water or ready-to serve 253.0 1.0 cup 3254	11304	Peas, green, raw	145.0	1.0 cup	3592
Dandelion greens, cooked, boiled, drained, with salt 105.0 1.0 cup, chopped 3568 40.0 1.0 cup, shredded 3533 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup (1" pieces) 3467 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt 100.0 1.0 cup (1" pieces) 3467 11794 Lambsquarters, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 3343 11245 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11297 Parsley, fresh 60.0 1.0 cup chopped 3337 26192 Split pea soup, canned, reduced sodium, prepared with water or ready-to serve 253.0 1.0 cup 3254	20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	3571
Radicchio, raw 40.0 1.0 cup, shredded 3533 11767 Chrysanthemum, garland, cooked, boiled, drained, with salt 110.0 110.0 up (1" pieces) 3467 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt 110.0 1.0 cup (1" pieces) 3467 11794 Lambsquarters, cooked, boiled, drained, with salt 1180.0 1.0 cup, chopped 3343 11245 Lambsquarters, cooked, boiled, drained, without salt 1180.0 1.0 cup, chopped 3343 11297 Parsley, fresh 60.0 1.0 cup chopped 3337 06192 Split pea soup, canned, reduced sodium, prepared with water or ready-to serve 253.0 1.0 cup 3254	12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	3571
Chrysanthemum, garland, cooked, boiled, drained, with salt 100.0 1.0 cup (1" pieces) 3467 11158 Chrysanthemum, garland, cooked, boiled, drained, without salt 100.0 1.0 cup (1" pieces) 3467 11794 Lambsquarters, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 3343 11245 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11297 Parsley, fresh 60.0 1.0 cup chopped 3337 253.0 1.0 cup chopped 3337	11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	3568
Chrysanthemum, garland, cooked, boiled, drained, without salt 100.0 1.0 cup (1" pieces) 3467 11794 Lambsquarters, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 3343 11245 Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11297 Parsley, fresh 60.0 1.0 cup chopped 3337 251 252 Split pea soup, canned, reduced sodium, prepared with water or ready-to serve 253.0 1.0 cup chopped 3357	11952	Radicchio, raw	40.0	1.0 cup, shredded	3533
Lambsquarters, cooked, boiled, drained, with salt Lambsquarters, cooked, boiled, drained, without salt Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11297 Parsley, fresh 60.0 1.0 cup chopped 3337 2510 2510 Split pea soup, canned, reduced sodium, prepared with water or ready-to serve 253.0 1.0 cup chopped 3343	11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	3467
Lambsquarters, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 3343 11297 Parsley, fresh 60.0 1.0 cup chopped 3337 106192 Split pea soup, canned, reduced sodium, prepared with water or ready-to serve 253.0 1.0 cup 3254	11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	3467
Parsley, fresh 60.0 1.0 cup chopped 3337 06192 Split pea soup, canned, reduced sodium, prepared with water or ready-to serve 253.0 1.0 cup 3254	11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	3343
Split pea soup, canned, reduced sodium, prepared with water or ready-to serve 253.0 1.0 cup 3254	11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	3343
	11297	Parsley, fresh	60.0	1.0 cup chopped	3337
11312 Peas, green, frozen, unprepared 134.0 1.0 cup 3152	06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	3254
	11312	Peas, green, frozen, unprepared	134.0	1.0 cup	3152

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	3000
11152	Chicory greens, raw	29.0	1.0 cup, chopped	2987
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	2901
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	2901
42279	Babyfood, peas and brown rice	230.0	1.0 cup	2900
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	2883
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	2883
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	2728
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	2635
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	2619
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	2619
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	2556
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	2556
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	2541
11212	Edamame, frozen, prepared	155.0	1.0 cup	2509
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	2484
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	2484
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	2429
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	2429
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	2401
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	2389
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	2389
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	2362
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	2304
11973	Beans, fava, in pod, raw	126.0	1.0 cup	2282
20014	Corn grain, yellow	166.0	1.0 cup	2249
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	2194
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	2194
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	2166
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	2164
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	2164
11270	Mustard greens, raw	56.0	1.0 cup, chopped	2089
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	2086
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	2083
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2070

Peppers, hot chile, sun-dried Peppers, hot chile, sun-dried Peppers, hot chile, sun-dried Roccoli, frozen, chopped, cooked, boiled, drained, with salt Roccoli, frozen, chopped, cooked, boiled, drained, without salt Roccoli, frozen, cooked, boiled, drained, with salt Roccoli, frozen, cooked, boiled, drained, with salt Roccoli, frozen, cooked, boiled, drained, without salt Roccoli, frozen, chopped, unprepared Roccoli, frozen, chopped, unpr	2046 2033 2015 2015 1997 1988 1983 1961 1920 1920
Broccoli, frozen, chopped, cooked, boiled, drained, with salt Broccoli, frozen, chopped, cooked, boiled, drained, without salt Broccoli, frozen, chopped, cooked, boiled, drained, with salt Broccoli, frozen, chopped, cooked, boiled, drained, with salt Broccoli, frozen, chopped, cooked, boiled, drained, without salt Broccoli, frozen, chopped,	2015 2015 1997 1988 1983 1961 1920 1920
Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184.0 1.0 cup 11479 Squash, summer, zucchini, includes skin, frozen, unprepared 95.0 0.33 package (10 oz) 20126 Spaghetti, spinach, dry 57.0 2.0 oz 36620 Restaurant, Chinese, shrimp and vegetables 601.0 1.0 cup, chopped 11591 Watercress, raw 34.0 1.0 cup, chopped 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup	2015 1997 1988 1983 1961 1920 1920
Squash, summer, zucchini, includes skin, frozen, unprepared Spaghetti, spinach, dry Spaghetti,	1997 1988 1983 1961 1920 1920
20126Spaghetti, spinach, dry57.02.0 oz36620Restaurant, Chinese, shrimp and vegetables601.01.0 order11591Watercress, raw34.01.0 cup, chopped11814Peas, green, frozen, cooked, boiled, drained, with salt80.00.5 cup11313Peas, green, frozen, cooked, boiled, drained, without salt80.00.5 cup	1988 1983 1961 1920 1920 1747
Restaurant, Chinese, shrimp and vegetables 1.0 order Watercress, raw 34.0 1.0 cup, chopped Peas, green, frozen, cooked, boiled, drained, with salt Peas, green, frozen, cooked, boiled, drained, without salt Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup	1983 1961 1920 1920 1747
Watercress, raw 34.0 1.0 cup, chopped 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup	1961 1920 1920 1747
Peas, green, frozen, cooked, boiled, drained, with salt Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 0.5 cup	1920 1920 1747
Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup	1920 1747
	1747
Broccoli, frozen, chopped, unprepared 156.0 1.0 cup	
11422 Pumpkin, raw 116.0 1.0 cup (1" cubes)	1740
20018 Corn flour, yellow, degermed, unenriched 126.0	1707
Leeks, (bulb and lower leaf-portion), raw 89.0	1691
11771 Corn, sweet, yellow, canned, no salt added, solids and liquids 256.0	1664
11170 Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids 256.0 1.0 cup	1664
20020 Cornmeal, whole-grain, yellow 122.0	1653
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt 124.0 1.0 cup (1/2" pieces)	1641
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt 124.0 1.0 cup (1/2" pieces)	1641
20016 Corn flour, whole-grain, yellow 117.0 1.0 cup	1585
11161 Collards, raw 36.0 1.0 cup, chopped	1556
Restaurant, Chinese, beef and vegetables 574.0 1.0 order	1538
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt 58.0	1530
Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt 58.0 1.0 cup	1530
11015 Asparagus, canned, drained solids 242.0 1.0 cup	1525
Jute, potherb, cooked, boiled, drained, without salt 87.0	1520
Jute, potherb, cooked, boiled, drained, with salt 1.0 cup	1520
Plums, wild (Northern Plains Indians) 161.0 1.0 cup	1481
11180 Corn, sweet, yellow, frozen, kernels on cob, unprepared 165.0 1.0 cup kernels	1480
Broccoli, frozen, spears, unprepared 95.0 0.33 package (10 oz)	1449
Broccoli raab, cooked 85.0 1.0 NLEA serving	1431
Peas, edible-podded, frozen, cooked, boiled, drained, without salt 160.0 1.0 cup	1429
Peas, edible-podded, frozen, cooked, boiled, drained, with salt 160.0	1429
Nuts, pistachio nuts, dry roasted, with salt added 123.0 1.0 cup	1427
Nuts, pistachio nuts, dry roasted, without salt added 123.0 1.0 cup	1427

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	1406
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	1406
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	1401
11098	Brussels sprouts, raw	88.0	1.0 cup	1399
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	1383
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	1378
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	1365
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	1312
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	1284
11090	Broccoli, raw	91.0	1.0 cup chopped	1277
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	1265
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	1262
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1259
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	1240
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	1240
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	1230
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	1204
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	1183
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	1148
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	1147
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1147
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	1140
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	1138
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	1137
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	1129
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	1123
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	1123
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1112
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1112
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	1096
11656	Corn pudding, home prepared	250.0	1.0 cup	1090
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	1087
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	1035
20015	Corn bran, crude	76.0	1.0 cup	1030
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	1015

1005 Secocili, forces, spears, colock, boiled, drained, without sail	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11131 Carross, frozen, cooled, boiled, drained, without sult 1460 1.0 carry, silter 978 11157 Chryssanbermun, garland, row 23.0 1.0 cup ("pieces) 988 11167 Corn, sweet, yellow, row 134.0 1.0 cup ("pieces) 98.1 11188 Corn, sweet, yellow, row 134.0 1.0 cup ("pieces) 98.4 11189 Corn, sweet, yellow, frozen, karmeks cat off ords, unprepared 136.0 1.0 cup ("pieces) 98.8 3002 DENNYS, supplisht and toosahalds 355.0 1.0 sawing 88.8 4312 Vegetables, mised (corn, lina bears, pear, green bears, carnet) canned, no sain added 166.0 1.0 cup 89.0 1162 Peaches, discle, stiffured, uncrooked 166.0 1.0 cup 89.0 1162 Peaches, discle, stiffured, uncrooked 160.0 1.0 cup 89.0 1162 Beans, stap, yellow, cocked, boiled, drained, with staff 125.0 1.0 cup 89.0 1162 Beans, stap, yellow, cocked, boiled, drained, with staff 126.0 1.0 cup 89.0 1172 Beans, stap, pillor, frozen concen	11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	1007
11157 Chrysanthemum, garland, raw 25.0 1.0 cup (1° pieces) 988 1011 Appargus, raw 11340 1.0 cup 951 1167 Con, weet, yellow, raw 1456 0.10 cup 924 6890 Soap, bed sunganoff, canned, chunky style, ready-to-serve 2000 1.0 cup 924 1178 Cons, weet, yellow, firem, kernels cat of tool, unprepared 1360 1.0 cup 924 4321 Vegetables, mixed (con, lima beans, peas, green beans, curros) canned, ao salt added 182.0 1.0 cup 187 4321 Vegetables, mixed (con, lima beans, peas, green beans, curros) canned, ao salt added 182.0 1.0 cup 187 4321 Vegetables, mixed (con, lima beans, peas, green beans, curros) canned, ao salt added 182.0 1.0 cup 187 1622 Peachs, deficis, diffract, uncooked 1600 1.0 cup 187 1723 Beans, sang, yellow, cooked, boiled, drained, without salt 125.0 1.0 cup 189 1724 Beans, sang, yellow, cooked, boiled, drained, without salt 780.0 1.0 cup 87 9213 Orang	11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	987
10111 Aparagas, raw 1340 1.0 cm, weet, yellow, raw 931 11167 Com, weet, yellow, raw 1450 1.0 cmp 934 9898 Sop, beef stroggandf, camed, churly style, ready-to-serve 2400 1.0 cmp 934 11178 Com, weet, yellow, frozan, kernels cut off coh, unprepared 1360 1.0 cmp 991 10928 DENNYS, spaghetti and mentablis 1560 1.0 cmp 898 3312 Vegetables, mixed (com, lina bears, peas, gene beans, carroty) camed, no salt added 1820 1.0 cmp 897 11632 Penches, dried, suffixed (mercoked 1600 1.0 cmp, halves 894 11632 Penches, dried, suffixed (mercoked 1600 1.0 cmp, halves 894 11632 Penches, dried, suffixed and liquids 1360 1.0 cmp, halves 894 11724 Beans, saap, yellow, cooked, boiled, drianed, without salt 1250 1.0 cmp, halves 896 11725 Roma, saap, gene, forzer concentrate, unwesterned, undilated, with added calcium 260 1.0 cmp 872 11724 Broccoli, cooked, brilled, drianed, wit	11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	987
11167 Com, sweet, yellow, raw 145.0 1.0 cup 934 06980 Sopp, beef stroggnoff, camed, chanky style, ready-to-serve 2400 1.0 cup 914 1178 Com, sweet, yellow, rowe, kernbel cut off ob, unprepared 1360 1.0 cup 914 86032 DENNYS, spaghetiti and meabulls 565.0 1.0 serving 888 43312 Vegetables, mixed (corn, lina hears, pear, gene beans, carrols) cannod, no salt added 1820 1.0 cup, haives 897 92246 Peaches, dried, saltured, uncooked 1360 1.0 cup, haives 894 11724 Beans, sang, yellow, cooked, boiled, drained, with oath 125.0 1.0 cup, haives 896 11725 Beans, sang, yellow, cooked, boiled, drained, with oath 125.0 1.0 cup 896 11726 Orange, juice, frozer concentrate, unsweetneed, undiluted, with added calcium 262.0 1.0 cup 872 11921 Orange, juice, frozer concentrate, unsweetneed, undiluted, with added calcium 780 0.5 cup, choped 842 11921 Orange, juice, frozer concentrate, unsweetneed, undiluted 780 0.5 cup, choped 8	11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	958
66980 Sonp, heef stroganoff, canned, chunky style, ready-to-serve 2400 1.0 cm 928 11178 Com, sweet, yellow, frozen, kernells cut off cob, uprepared 136.0 1.0 cm 914 50822 DENNYS, spaghetil and meaballs 565.0 1.0 serving 888 43312 Vegeables, mixed (corn, lima beans, post, green beans, carots) canned, no salt added 182.0 1.0 cup, habes 894 11622 Pepeches, diried, sulfured, uncocked 136.0 1.0 cup, chopped 894 11724 Beams, map, yellow, cocked, boiled, drained, without salt 125.0 1.0 cup, and post, or cocked, boiled, drained, with salt 125.0 1.0 cup, and post, or cocked, boiled, drained, with salt 125.0 1.0 cup, and post, or cocked, boiled, drained, with salt 262.0 1.0 cup 876 09214 Orange juice, frozen concentrate, unsweetened, undiluted 262.0 1.0 cup 872 09214 Orange juice, frozen concentrate, unsweetened, undiluted 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drain	11011	Asparagus, raw	134.0	1.0 cup	951
11178 Com, sweet, yellow, frozen, kernels cut off cob, unprepared 1360 1.0 cup 914 36032 DENNYS, spagbetti and menabalis 565.6 1.0 serving 898 34312 Vegetables, mixed (corn, lima beans, peas, green beam, currots) canned, no salt added 1820 1.0 cup, halves 894 1632 Peapers, jalapeno, canned, solids and liquids 1360 1.0 cup, chopped 894 11724 Beans, sung, yellow, cooked, boiled, drained, without salt 1250 1.0 cup, chopped 890 11725 Beans, sung, yellow, cooked, boiled, drained, with salt 1250 1.0 cup 890 11726 Conyaes, young pods with seeds, ruw 9440 1.0 cup 876 9213 Orange juice, frozen concentrate, unsweetened, undifuted 2620 1.0 cup 872 19214 Orange juice, frozen concentrate, unsweetened, undifuted 780 0.5 cup, chopped 842 11949 Broccoli, cooked, boiled, drained, with salt 780 0.5 cup, chopped 842 11941 Broccoli, cooked, boiled, drained, with salt 780 0.5 cup, chopped 842	11167	Corn, sweet, yellow, raw	145.0	1.0 cup	934
36032 DENNY'S, spagheth and meaballs 5650 1.0 serving 898 43312 Vegetables, mixed (corn, limb beans, peas, green beans, carrots) canned, no salt added 1820 1.0 cup 897 99246 Peabes, dried, sulfured, uncooked 1600 1.0 cup, chopped 898 11725 Peapers, julapeno, canned, solids and liquids 1250 1.0 cup, chopped 890 11725 Beans, sunp, yellow, cooked, boiled, drained, without salt 1250 1.0 cup 890 11725 Beans, sunp, yellow, cooked, boiled, drained, without salt 1250 1.0 cup 890 11727 Cowpase, young post with seeds, raw 2620 1.0 cup 876 09213 Orange juice, frozen concentrure, unswectened, undiluted, with added calcium 2620 1.0 cup 872 11921 Broccoli, cooked, boiled, drained, without salt 780 0.5 cup, chopped 842 2625 Brestaurant, Chinese, vegetable lo mein, without met 741 1.0 cup 811 1105 Beans, shellic, canned, solids and liquids 245 1.0 cup 81 1105 Beans,	06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	926
43312 Vegetables, mixed (com, lima beans, peas, green beans, carrots) canned, no salt added 182.0 1.0 cup 897 99246 Peaches, dried, sulfured, uncooked 1600 1.0 cup, halves 894 11622 Peppers, jalapeno, canned, solids and liquids 1360 1.0 cup, chopped 894 11724 Beans, snap, yellow, cooked, boiled, drained, with salt 1250 1.0 cup 890 11725 Beans, snap, yellow, cooked, boiled, drained, with salt 125.0 1.0 cup 890 11725 Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium 262.0 1.0 cup 872 11921 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 842 11921 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 842 11924 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 842 11635 Restaurant, Chinese, vegetable to mein, without meat 71.0 1.0 cup 811 11650 Beans, shellic, canned, solids and liquids 240 0.10 cup 811	11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	914
69246 Peaches, dried, sulfured, uncooked 1600 1.0 cup, halves 894 11632 Peppers, ilalpaeno, canned, solids and liquids 1360 1.0 cup, chopped 894 11724 Beans, sanp, yellow, cooked, boiled, drained, with salt 125.0 1.0 cup 890 11797 Cowpeas, young pods with seeds, raw 94.0 1.0 cup 872 09213 Orange juice, frozen concentrate, unswectened, undiluted, with added calcium 262.0 1.0 cup 872 09214 Orange juice, frozen concentrate, unswectened, undiluted 262.0 1.0 cup 872 09214 Orange juice, frozen concentrate, unswectened, undiluted 262.0 1.0 cup 872 11091 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, without meat 74.0 1.0 cup 830 11054 Beans, snap, green, conaned, regular pack, solids and liquids 245.0 1.0 cup 811 11770 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806	36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	898
11632 Peppers, Jalapeno, canned, solids and liquids 136.0 1.0 cup, chopped 894 11724 Beans, snap, yellow, cooked, boiled, drained, without salt 125.0 1.0 cup 890 11725 Beans, snap, yellow, cooked, boiled, drained, with salt 125.0 1.0 cup 876 1197 Cowpeas, young pots with seeds, raw 94.0 1.0 cup 876 09213 Orange juice, frozen concentrate, unsweetened, undituted, with added calcium 262.0 1.0 cup 872 11091 Broccoli, cooked, boiled, drained, with oat 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, without salt 240.0 1.0 cup 811 11054 Beans, snap, greec, conned, regular pack, solids and liquids 245.0 1.0 cup 811 11770	43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	897
11724 Beans, snap, yellow, cooked, boiled, drained, without salt 125.0 1.0 cup 890 11725 Beans, snap, yellow, cooked, boiled, drained, with salt 125.0 1.0 cup 890 11197 Cowpeas, young pods with seeds, raw 94.0 1.0 cup 876 69213 Orange juice, frozen concentrate, unsweetened, undiluted 262.0 1.0 cup 872 9214 Orange juice, frozen concentrate, unsweetened, undiluted 262.0 1.0 cup 872 11091 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, without meat 74.10 1.0 cup 812 11054 Beans, snap, green, canned, regular pack, solids and liquids 245.0 1.0 cup 811 11750 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 cur small (5-1/2" to 6-1/2" long) 806 11781 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 806 11782 Beans, snap, yellow, cooked, boiled, drained, without salt 89.0 1.0 cur small (5-1/2" to 6-1/2" long) 806	09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	894
11725 Beans, snap, yellow, cooked, boiled, drained, with salt 1250 1.0 cup 870 1197 Cowpeas, young pods with seeds, raw 94.0 1.0 cup 876 09213 Ornage juice, frozen concentrate, unsweetened, untiluted 262.0 1.0 cup 872 09214 Ornage juice, frozen concentrate, unsweetened, untiluted 262.0 1.0 cup 872 11091 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 842 36625 Restaurant, Chinese, vegetable lo mein, without meat 74.0 1.0 order 830 11050 Beans, snap, green, canned, regular pack, solids and liquids 245.0 1.0 cup 811 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 car small (5-1/2" to 6-1/2" long) 806 11781 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 801 11782 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 cup 803 11894 <td>11632</td> <td>Peppers, jalapeno, canned, solids and liquids</td> <td>136.0</td> <td>1.0 cup, chopped</td> <td>894</td>	11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	894
11197 Cowpeas, young pods with seeds, raw 94.0 1.0 cup 876 09213 Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium 262.0 1.0 cup 872 09214 Orange juice, frozen concentrate, unsweetened, undiluted 262.0 1.0 cup 872 11091 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, without mat 741.0 0.5 cup, chopped 842 11054 Beans, snap, green, canned, regular pack, solids and liquids 240.0 1.0 cur 811 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cur small (5-1/2" long) 806 11165 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 car small (5-1/2" long) 806 11165 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 car small (5-1/2" long) 806 11165 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 car small (5-1/2" to 6-1/2" long) 806 11720 Beans, snap, yellow, frozen, all styles, unprepared 12	11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	890
09213 Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium 262.0 1.0 cup 872 09214 Orange juice, frozen concentrate, unsweetened, undiluted 262.0 1.0 cup 872 11091 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 842 36625 Restaurant, Chinese, vegetable lo mein, without meat 741.0 1.0 order 830 11054 Beans, snap, green, canned, regular pack, solids and liquids 240.0 1.0 cup 811 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 811 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 cup 804 11969 Broccoli, chinese, cooked 88.0 1.0 cup 803 <td>11725</td> <td>Beans, snap, yellow, cooked, boiled, drained, with salt</td> <td>125.0</td> <td>1.0 cup</td> <td>890</td>	11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	890
09214 Orange juice, frozen concentrate, unsweetened, undiluted 262.0 1.0 cup 872 11091 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 842 36625 Restaurant, Chinese, vegetable lo mein, without meat 741.0 1.0 order 830 11054 Beans, snap, green, canned, regular pack, solids and liquids 245.0 1.0 cup 811 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cur small (5-1/2" to 6-1/2" long) 806 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11780 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11881 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 803 11969 Broccoli, chinese, cooked 88.0 1.0 cup 803 11060 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801	11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	876
11091 Broccoli, cooked, boiled, drained, without salt 78.0 0.5 cup, chopped 842 11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 842 36625 Restaurant, Chinese, vegetable lo mein, without meat 741.0 1.0 order 830 11054 Beans, snap, green, canned, regular pack, solids and liquids 240.0 1.0 cup 811 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 811 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11173 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11581 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 801 11969 Broccoli, chinese, cooked 88.0 1.0 cup 803 11969 Broccoli, chinese, cooked, boiled, drained, without salt 125.0 1.0 cup 803 11053 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 801 11723	09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	872
11742 Broccoli, cooked, boiled, drained, with salt 78.0 0.5 cup, chopped 842 36625 Restaurant, Chinese, vegetable lo mein, without meat 741.0 1.0 order 830 11054 Beans, snap, green, canned, regular pack, solids and liquids 240.0 1.0 cup 811 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 811 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 1168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 cup 806 1181 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 803 11969 Broccoli, chinese, cooked 88.0 1.0 cup 803 11060 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 801 11073 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801 1108	09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	872
36625 Restaurant, Chinese, vegetable lo mein, without meat 741.0 1.0 order 830 11054 Beans, snap, green, canned, regular pack, solids and liquids 240.0 1.0 cup 811 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 811 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11581 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 804 11690 Broccoli, chinese, cooked 88.0 1.0 cup 803 11600 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 802 11053 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801 11655 Carrot juice, canned 236.0 1.0 cup 786 6626 Sauce, pesto	11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	842
11054 Beans, snap, green, canned, regular pack, solids and liquids 240.0 1.0 cup 811 11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 811 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11581 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 804 11969 Broccoli, chinese, cooked 88.0 1.0 cup 803 11060 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 802 11053 Beans, snap, green, frozen, del, boiled, drained, without salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11655 Carrot juice, canned 236.0 1.0 cup 786 06626 Sauce, pe	11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	842
11050 Beans, shellie, canned, solids and liquids 245.0 1.0 cup 811 11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 cup 806 11581 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 804 11969 Broccoli, chinese, cooked 88.0 1.0 cup 803 11060 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 802 11053 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11655 Carrot juice, canned 236.0 1.0 cup 786 06626 Sauce, pesto, rea	36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	830
11770 Corn, sweet, yellow, cooked, boiled, drained, with salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 cup 806 11581 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 804 11969 Broccoli, chinese, cooked 88.0 1.0 cup 803 11060 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 802 11053 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11655 Carrot juice, canned 236.0 1.0 cup 786 06626 Sauce, pesto, ready-to-serve, refrigerated 63.0 0.25 cup 782 06628 Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated 63.0 0.25 cup 782 11683 Ca	11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	811
11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 89.0 1.0 ear small (5-1/2" to 6-1/2" long) 806 11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 cup 806 11581 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 804 11969 Broccoli, chinese, cooked 88.0 1.0 cup 803 11060 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 802 11053 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11655 Carrot juice, canned 236.0 1.0 cup 786 06626 Sauce, pesto, ready-to-serve, refrigerated 63.0 0.25 cup 782 06628 Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated 63.0 0.25 cup 782 11683 Carrot, dehydrated 74.0 1.0 cup 778	11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	811
11730 Beans, snap, yellow, frozen, all styles, unprepared 121.0 1.0 cup 806 11581 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 804 11969 Broccoli, chinese, cooked 88.0 1.0 cup 803 11060 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 802 11053 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11655 Carrot juice, canned 236.0 1.0 cup 786 06626 Sauce, pesto, ready-to-serve, refrigerated 63.0 0.25 cup 782 06628 Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated 63.0 0.25 cup 782 11683 Carrot, dehydrated 74.0 1.0 cup 778	11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	806
11581 Vegetables, mixed, canned, drained solids 163.0 1.0 cup 804 11969 Broccoli, chinese, cooked 88.0 1.0 cup 803 11060 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 802 11053 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11655 Carrot juice, canned 236.0 1.0 cup 786 06626 Sauce, pesto, ready-to-serve, refrigerated 63.0 0.25 cup 782 06628 Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated 63.0 0.25 cup 782 1683 Carrot, dehydrated 74.0 1.0 cup 778	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	806
11969 Broccoli, chinese, cooked 88.0 1.0 cup 803 11060 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 802 11053 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11655 Carrot juice, canned 236.0 1.0 cup 786 06626 Sauce, pesto, ready-to-serve, refrigerated 63.0 0.25 cup 782 06628 Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated 63.0 0.25 cup 782 11683 Carrot, dehydrated 74.0 1.0 cup 778	11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	806
11060 Beans, snap, green, frozen, all styles, unprepared 121.0 1.0 cup 802 11053 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11655 Carrot juice, canned 236.0 1.0 cup 786 06626 Sauce, pesto, ready-to-serve, refrigerated 63.0 0.25 cup 782 06628 Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated 63.0 0.25 cup 782 11683 Carrot, dehydrated 74.0 1.0 cup 778	11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	804
11053 Beans, snap, green, cooked, boiled, drained, without salt 125.0 1.0 cup 801 11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11655 Carrot juice, canned 236.0 1.0 cup 786 06626 Sauce, pesto, ready-to-serve, refrigerated 63.0 0.25 cup 782 06628 Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated 63.0 0.25 cup 782 11683 Carrot, dehydrated 74.0 1.0 cup 778	11969	Broccoli, chinese, cooked	88.0	1.0 cup	803
11723 Beans, snap, green, cooked, boiled, drained, with salt 125.0 1.0 cup 801 11655 Carrot juice, canned 236.0 1.0 cup 786 06626 Sauce, pesto, ready-to-serve, refrigerated 63.0 0.25 cup 782 06628 Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated 63.0 0.25 cup 782 11683 Carrot, dehydrated 74.0 1.0 cup 778	11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	802
11655 Carrot juice, canned 236.0 1.0 cup 786 06626 Sauce, pesto, ready-to-serve, refrigerated 63.0 0.25 cup 782 06628 Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated 63.0 0.25 cup 782 11683 Carrot, dehydrated 74.0 1.0 cup 778	11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	801
Sauce, pesto, ready-to-serve, refrigerated 63.0 0.25 cup 782 06628 Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated 63.0 0.25 cup 782 11683 Carrot, dehydrated 74.0 1.0 cup 778	11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	801
Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated 63.0 0.25 cup 782 Carrot, dehydrated 74.0 1.0 cup 778	11655	Carrot juice, canned	236.0	1.0 cup	786
11683 Carrot, dehydrated 74.0 1.0 cup 778	06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	782
	06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	782
11979 Peppers, jalapeno, raw 90.0 1.0 cup, sliced 775	11683	Carrot, dehydrated	74.0	1.0 cup	778
	11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	775

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11955	Tomatoes, sun-dried	54.0	1.0 cup	766
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	761
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	761
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	761
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	760
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	760
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	759
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	745
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	745
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	734
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	734
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	726
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	725
01133	Egg, whole, dried	85.0	1.0 cup, sifted	710
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	706
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	703
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	701
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	698
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	696
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	694
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	694
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	693
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	692
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	692
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	686
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	676
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	673
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	673
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	670
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	662
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	662
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	653
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	642
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	640
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	637

90088 Avocador, raw, California 230 1.0 cp., purced 623 11255 Lettice, green leaf, raw 360 1.0 cp. purced 623 30417 Ol FCARDEN, spajesti with promodoro stance 478.0 0.10 serving 612 6629 Suece, pears, CLASSICO, basil pears, ready-to-serve 620 0.23 serve 611 11056 Beans, stap, green, canned, regular pack, drinted solids 1350 1.0 serving 601 11057 Beans, stap, green, canned, regular pack, drinted solids 230 0.5 cap shick 603 36022 CARRABBAS ITALIAN GRILL, spughetti with neat statee 537.0 1.0 serving 601 11276 Squash, summer, scallop, cooled, boiled, drinied, without salt 280 1.0 rept-chale, mediated 600 11341 Peppers, sweet, green, cooled, boiled, drinied, without salt 170 1.0 cup, chopped or strips 582 11342 Succotash, (corn and limas), frower, cooled, boiled, drinied, without salt 170 1.0 cup, chopped or strips 582 11342 Succotash, (corn), and from, frow, cooled, boiled, drinied, without salt 190 1.0 cup, chopped or st	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
1925 Lettuce, green leaf, raw 360 1.0 cup shredded 282 26047 OLIVE GARDEN, spediet with pomodoro suice 478.0 1.0 serving 612 26059 Suece, geate, GLASSICO, basil pesto, ready-to-serve 48.0 0.25 cup 610 261050 Deams, ranp, green, cannot, regular pack, datined solids 135.0 1.0 cup 610 261050 Carross, carnett, regular pack, solids and liquids 123.0 0.55 cup silose 600 261050 Carross, carnett, regular pack, solids and liquids with meat sance 337.0 1.0 serving 601 26140 Supash, sammer, scallop, croked, bailed, drained, without salt 240.0 1.0 cup, mobbad 600 26140 Artichokes, (globe or french), raw 128.0 1.0 cup, chopped or strips 582 26150 Successah, (corn and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup 581 26150 Successah, (corn and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup 581 26150 Successah, (corn and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup 581 26150 Successah, (corn and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup 581 26150 Successah, (corn and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup 581 26150 Successah, (corn, and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup 581 26150 Successah, (corn, and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup 581 26150 Successah, (corn, and limas), frozen, cooked, boiled, drained, without salt 190.0 1.0 cup 581 26150 Successah, (corn, and limas), frozen, cooked, boiled, drained, without salt 190.0 1.0 cup 581 26150 Successah, corn, cooked, boiled, drained, without salt 190.0 1.0 cup 581 26150 Subjetod, drainer, cooked, boiled, drained, without salt 190.0 1.0 cup 581 26150 Subjetod, vegetables, sugas, strained 160.0 1.0 cup 581 26150 Subjetod, vegetables, sugas, strained 160.0 1.0 cup 581 26150 Subjetod,	01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	636
36047 OLIVE GARDEN, spagherti with pomodoro sauce 478.0 1.0 serving 612 360679 Sauce, pesto, CLASSICO, basil pesto, ready-to-serve 62.0 0.25 cup 611 1056 Raus, sang, gears, canned, negalar pack, solids and liquids 133.0 0.5 cup slices 603 1126 Carrots, canned, regular pack, solids and liquids 123.0 0.5 cup slices 603 36622 CARRABBAS ITALIAN GRILL, spagherti with met sauce 537.0 1.0 serving 601 1107 Articholes, (globe or french), raw 128.0 1.0 articholes, medium 504 11034 Sepans, summer, scallogs, cooked, boiled, drained, without salt 135.0 1.0 articholes, regular pack, scall, corn and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup, chapped or sirjes 882 11052 Saccotash, (corn and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup 581 11854 Vegarles, rivez, Cooked, boiled, drained, with salt 190.0 0.5 cup 380 11854 Vegarles, mixed, frozen, cooked, boiled, drained, with salt 910.0 0.5 cup 380 11854 </td <td>09038</td> <td>Avocados, raw, California</td> <td>230.0</td> <td>1.0 cup, pureed</td> <td>623</td>	09038	Avocados, raw, California	230.0	1.0 cup, pureed	623
08609 Sauce, pesto, CLASSICO, basil pesto, ready-to-serve 62.0 0.25 cmp 611 11056 Beans, sunap, genen, canned, regular pack, drained solids 135.0 1.0 cmp 610 1126 Carrus, canned, regular pack, activated solids 125.0 0.5 cmp slices 603 36652 CARRABBAS ITHALIAN GRILL, suppleth with meat sance 537.0 1.0 serving 601 11476 Squash, summer, scallog, cooked, boiled, drained, without salt 2400 1.0 cup, thosped or strips 802 11534 Peppers, sweet, geren, cowked, boiled, drained, without salt 135.0 1.0 cup, chopped or strips 822 11592 Succotash, (corn and limas), frozen, cowked, boiled, drained, without salt 1700 1.0 cup, chopped or strips 82 11584 Vegetables, mixed, frozen, cowked, boiled, drained, without salt 1700 1.0 both 88 11584 Vegetables, mixed, frozen, cowked, boiled, drained, without salt 910 0.5 cup 88 11584 Vegetables, mixed, frozen, cowked, boiled, drained, with salt 910 0.5 cup 88 11589 Vegetables, mixed, frozen, cowked, boiled, drained, with salt <td>11253</td> <td>Lettuce, green leaf, raw</td> <td>36.0</td> <td>1.0 cup shredded</td> <td>623</td>	11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	623
11156 Beans, sung, green, canned, regular pack, drained solids 1350 1.0 eup 610 11126 Carrots, canned, regular pack, solids and liquids 1230 0.5 cup slices 603 6322 CARABABAS TIALAN GRILL, squarbleiw with meat sauce 537 1.0 cup, mashed 600 11476 Squash, summer, scallop, cooked, briled, thrained, without salt 240 1.0 cup, nashed 600 11077 Arrichockes, (globe or fronch), raw 1280 1.0 cup, chopped or strips 582 11532 Seccotash, (corn and limas), frozen, cooked, boiled, drained, without salt 1700 1.0 cup 581 11542 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 1700 1.0 cup 581 11542 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 1700 1.0 cup 581 11543 Pegeralse, mixed, frozen, cooked, boiled, drained, with salt 1900 0.0 cup 580 11544 Vegeralse, mixed, frozen, cooked, boiled, drained, with salt 910 0.5 cup 580 11549 Vegeralse, mixed, frozen, cooked, boiled, drained, with salt 910	36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	612
11126 Carrons, canned, regular pack, solids and liquids 1230 0.5 cup slices 603 36632 CARRABRAS ITALIAN GRIII, spegherti with meat sauce 5370 1.0 serving 601 1126 Squash, summer, scallop, cooked, boiled, drained, without salt 2400 1.0 articobae, meabulus 594 11234 Peppers, sweet, green, cooked, boiled, drained, without salt 1350 1.0 cup, chopped or strips 882 11522 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 1700 1.0 cup, chopped or strips 882 11523 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 1700 1.0 cup, chopped or strips 882 11524 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 1700 1.0 cup 881 14048 Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6 5000 1.0 bottle 580 11584 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 910 0.5 cup 380 11584 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 910 0.5 cup 580 10509 Babyfood, dime	06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	611
3662 CARRABBA'S ITALIAN GRILL, spaghenti with meat sauce 537.0 1.0 serving 60 11476 Squash, summer, scallop, cooked, boiled, drained, without salt 240 1.0 unichoke, medium 504 11373 Artichokes, (globe or french), raw 128.0 1.0 unichoke, medium 594 11382 Secotash, (corn and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup, chopped or strip 881 11872 Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup, chopped or strip 881 11873 Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt 170.0 1.0 cup, chopped or strip 881 11874 Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt 90.0 1.0 cup, chop 881 11874 Beverges, FUZE, orange mango, fortified with vitamins A, C.E.B6 500.0 1.0 cup, chop 580 11884 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 91.0 0.5 cup, chop 580 10509 Balyfrood, dimer, vegetables and bacon, strained 170.0 1.0 audin 1.0 cup, chop 571	11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	610
11476 Squash, summer, scallop, cooked, boiled, drained, without salt 2400 1.0 cmp, mashed 600 11007 Artichokes, (globe, or french), raw 128.0 1.0 artichokes, medium 594 11334 Peppers, sweet, green, cooked, boiled, drained, without salt 135.0 1.0 cup, chopped or strips 582 11872 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 170.0 1.0 cup 581 11872 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 170.0 1.0 cup 581 14048 Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6 500.0 1.0 bottle 580 11884 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 91.0 0.5 cup 580 11894 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 91.0 0.5 cup 580 11894 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 91.0 0.0 cup 570 11997 Peppers, sertano, taw 105.0 1.0 cup 571 11986 Squush, summer, crookneck and straighneck, cooked, boiled, drained, without salt 18	11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	603
11007 Artichokes, (globe or french), raw 128.0 1.0 artichokes, medium 59 11334 Peppers, sweet, green, cooked, boiled, drained, without salt 170.0 1.0 cup, chopped or strips 882 11872 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 170.0 1.0 cup 881 11872 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 170.0 1.0 cup 881 14048 Reverages, FUZE, orange mango, fortified with vitamins A, C, E, B6 500.0 1.0 bonte 580 11884 Vegetables, mixed, frozen, cooked, boiled, drained, without salt 91.0 0.5 cup 380 11894 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 91.0 0.5 cup 380 11894 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 91.0 0.5 cup 380 11897 Peppers, serano, raw 180.0 1.0 cup, chopped 371 11977 Peppers, serano, raw 380 1.0 cup, sice 567 11488 Squash, summer, crookneck and straightneck, cookel, boiled, drained, with salt 180 1.0 cup, sice	36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	601
11334 Peppers, sweet, green, cooked, boiled, drained, without salt 1350 1.0 cup, chopped or strips 882 11502 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 1700 1.0 cup 581 14048 Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6 500 1.0 boutle 580 11844 Vegetables, mixed, frozen, cooked, boiled, drained, without salt 910 0.5 cup 580 11844 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 910 0.5 cup 580 11844 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 910 0.5 cup 580 11849 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 910 0.5 cup 580 3059 Balyfood, dinner, vegetables and baxon, strained 256,0 1.0 cup 576 21014 Fast foods, croissant, with egg, cheese, and sausage 171,0 1.1 sandwich 575 11977 Peppers, serrano, raw 180 1.0 cup, slowed 571 1188 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt 1800 1.0 cup,	11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	600
11502 Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt 1700 1.0 cup 581 11872 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 1700 1.0 cup 581 14048 Beverages, FUZE, orange mango, fortified with vitamins A, C, F, B6 5000 1.0 bound 580 11894 Vegetables, mixed, frozen, cooked, boiled, drained, without salt 910 0.5 cup 580 11894 Vegetables, mixed, frozen, cooked, boiled, drained, without salt 910 0.5 cup 580 11894 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 910 0.5 cup 580 11895 Babyfood, dimer, vegetables and bason, strained 2560 1.0 cup 571 11997 Pepers, sermon, craw 1850 1.0 cup 571 11886 Bet greens, raw 180 1.0 cup slice 567 11886 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 180 1.0 cup slice 567 11886 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 180 1.0 cup slice <	11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	594
11872 Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt 1700 1.0 cup 581 14048 Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6 500.0 1.0 bottle 580 11884 Vegetables, mixed, frozen, cooked, boiled, drained, without salt 91.0 0.5 cup 580 11894 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 91.0 0.5 cup 580 03059 Babyfood, dinner, vegetables and bacon, strained 256.0 1.0 cup 576 21014 Fast foods, croissant, with egg, cheese, and sausage 171.0 1.0 andwich 575 11977 Peppers, serrano, raw 105.0 1.0 cup, chopped 571 11868 Beet greens, raw 38.0 1.0 cup, slices 567 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 1800 1.0 cup, slices 567 03105 Babyfood, vegetables, squash, junior 16.0 1.0 tup 564 03104 Babyfood, vegetables, squash, strained 16.0 0.10 tup 566 06627 S	11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	582
44048 Beverages, FUZE, orange mango, fortified with vitamins A. C. E. B6 500.0 1.0 bottle 580 11584 Vegetables, mixed, frozen, cooked, boiled, drained, without salt 91.0 0.5 cup 580 11894 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 91.0 0.5 cup 580 30059 Babyfood, dinner, vegetables and bacon, strained 256.0 1.0 cup 576 21014 Fast foods, croissant, with egg, cheese, and sausage 171.0 1.0 sandwich 575 11977 Peppers, serrano, raw 105.0 1.0 cup, chopped 571 11868 Beet greens, raw 38.0 1.0 cup, chopped 571 11868 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 567 11868 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 567 11869 Babyfood, vegetables, squash, limior 16.0 1.0 cup, sliced 567 03104 Babyfood, vegetables, squash, strained 16.0 1.0 cup, sliced 562	11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	581
11584 Vegetables, mixed, frozen, cooked, boiled, drained, without salt 91.0 0.5 cup 580 11894 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 91.0 0.5 cup 580 30309 Babyfood, dinner, vegetables and bacon, strained 256.0 1.0 cup 576 21014 Fast foods, croissant, with egg, cheese, and sausage 171.0 1.0 sandwich 575 11977 Peppers, serrano, raw 105.0 1.0 cup, chopped 571 11086 Beet greens, raw 38.0 1.0 cup, chopped 571 11888 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt 180.0 1.0 cup, sliced 567 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 567 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 567 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 180.0 1.0 cup 564 03104 Babyfood, vegetables, squash, strained 180.0 1.0	11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	581
11894 Vegetables, mixed, frozen, cooked, boiled, drained, with salt 91.0 0.5 cup 580 03059 Babyfood, dinner, vegetables and bacon, strained 2560 1.0 cup 576 21014 Fast foods, croissant, with egg, cheese, and sausage 171.0 1.0 sandwich 575 11977 Peppers, serrano, raw 105.0 1.0 cup, chopped 571 11888 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt 1800 1.0 cup, slices 567 11848 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 1800 1.0 cup, slice 567 03105 Babyfood, vegetables, squash, junior 16.0 1.0 tups, lice 567 03104 Babyfood, vegetables, squash, strained 16.0 1.0 tups, lice 564 03108 Whear, KAMUT khorasan, uncooked 1860 1.0 cup 569 04627 Sauce, pesto, ready-to-serve, shelf stable 61.0 0.25 cup 559 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt 120.0 1.0 artichoke, medium 557 1	14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	580
03059 Babyfood, dinner, vegetables and bacon, strained 256.0 1.0 cup 576 21014 Fast foods, croissant, with egg, cheese, and sausage 171.0 1.0 sandwich 575 11977 Peppers, serrano, raw 105.0 1.0 cup, chopped 571 11868 Beet greens, raw 38.0 1.0 cup 571 11878 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt 180.0 1.0 cup, sliced 567 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt 180.0 1.0 cup, sliced 567 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt 180.0 1.0 cup, sliced 567 03105 Babyfood, vegetables, squash, junior 160 1.0 tups 564 03104 Babyfood, vegetables, squash, strained 16.0 1.0 tups 564 03108 Babyfood, vegetables, squash, strained 16.0 1.0 tups 564 03104 Babyfood, vegetables, squash, strained 16.0 1.0 cup 564 0138 Wheat, KAMUT khorasan, unc	11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	580
21014 Fast foods, croissant, with egg, cheese, and sausage 171.0 1.0 sandwich 575 11977 Peppers, serrano, raw 105.0 1.0 cup, chopped 571 11086 Beet greens, raw 38.0 1.0 cup 571 11858 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt 180.0 1.0 cup slices 567 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 567 03105 Babyfood, vegetables, squash, junior 16.0 1.0 tubp 564 03104 Babyfood, vegetables, squash, strained 16.0 1.0 tubp 564 03104 Babyfood, vegetables, squash, strained 186.0 1.0 tubp 564 03104 Babyfood, vegetables, squash, strained 186.0 1.0 tubp 564 03104 Babyfood, vegetables, squash, strained 186.0 1.0 cup 560 0627 Sauce, pestor, ready-to-serve, shelf stable 61.0 0.25 cup 559 11702 Artichokes, (globe or french), cooked, boiled, drained, without salt 120.0 1.0 artichoke, medium 557 <	11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	580
1977 Peppers, serrano, raw 1950 1.0 cup, chopped 571 11086 Beet greens, raw 38.0 1.0 cup slices 567 11488 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 1800 1.0 cup slices 567 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 1800 1.0 cup, sliced 567 103105 Babyfood, vegetables, squash, junior 16.0 1.0 tbsp 564 103104 Babyfood, vegetables, squash, strained 16.0 1.0 tbsp 564 20138 Wheat, KAMUT khorasan, uncooked 1860 1.0 cup 560 10627 Sauce, pesto, ready-to-serve, shelf stable 61.0 0.25 cup 559 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt 1200 1.0 artichoke, medium 557 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 544 11520 Taro leaves, raw 28.0 1.0 cup 544 15204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 order 530 1058 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 1059 Restaurant, Chinese, orange chicken 548.0 1.0 cup, sliced 528 1059 Restaurant, Chinese, orange chicken 548.0 1.0 order 530 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050 1050	03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	576
11086 Beet greens, raw 38.0 1.0 cup 571 11858 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt 180.0 1.0 cup slices 567 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 567 03105 Babyfood, vegetables, squash, junior 16.0 1.0 tbsp 564 03104 Babyfood, vegetables, squash, strained 16.0 1.0 tbsp 564 03108 Wheat, KAMUT khorasan, uncooked 186.0 1.0 cup 560 06627 Sauce, pesto, ready-to-serve, shelf stable 61.0 0.25 cup 559 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt 120.0 1.0 artichoke, medium 557 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 544 11520 Taro leaves, raw 28.0 1.0 cup 534 35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 534 3618 Restaurant, Chinese, general tso's chicken </td <td>21014</td> <td>Fast foods, croissant, with egg, cheese, and sausage</td> <td>171.0</td> <td>1.0 sandwich</td> <td>575</td>	21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	575
11858 Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt 180.0 1.0 cup slices 567 11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 567 03105 Babyfood, vegetables, squash, junior 16.0 1.0 tbsp 564 03104 Babyfood, vegetables, squash, strained 16.0 1.0 tbsp 564 20138 Wheat, KAMUT khorasan, uncooked 186.0 1.0 cup 560 06627 Sauce, pesto, ready-to-serve, shelf stable 61.0 0.25 cup 559 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt 120.0 1.0 artichoke, medium 557 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 544 11520 Taro leaves, raw 28.0 1.0 cup 541 35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 534 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 11957 Fennel, bulb,	11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	571
11468 Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt 180.0 1.0 cup, sliced 567 03105 Babyfood, vegetables, squash, junior 16.0 1.0 tbsp 564 03104 Babyfood, vegetables, squash, strained 16.0 1.0 tbsp 564 20138 Wheat, KAMUT khorasan, uncooked 186.0 1.0 cup 560 06627 Sauce, pesto, ready-to-serve, shelf stable 61.0 0.25 cup 559 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt 120.0 1.0 artichoke, medium 557 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120.0 1.0 artichoke, medium 557 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 544 11520 Taro leaves, raw 28.0 1.0 cup 541 35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 534 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 cup, sliced 528 36629 Restaurant,	11086	Beet greens, raw	38.0	1.0 cup	571
03105 Babyfood, vegetables, squash, junior 16.0 1.0 tbsp 564 03104 Babyfood, vegetables, squash, strained 16.0 1.0 tbsp 564 20138 Wheat, KAMUT khorasan, uncooked 186.0 1.0 cup 560 06627 Sauce, pesto, ready-to-serve, shelf stable 61.0 0.25 cup 559 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt 120.0 1.0 artichoke, medium 557 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120.0 1.0 artichoke, medium 557 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 544 11520 Taro leaves, raw 28.0 1.0 cup 541 35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 534 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 11957 Fennel, bulb, raw 87.0 1.0 cup, sliced 528 36629 Restaurant, Chinese, orange chicken 648.0 1.0 or	11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	567
03104 Babyfood, vegetables, squash, strained 16.0 1.0 tbsp 564 20138 Wheat, KAMUT khorasan, uncooked 186.0 1.0 cup 560 06627 Sauce, pesto, ready-to-serve, shelf stable 61.0 0.25 cup 559 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt 120.0 1.0 artichoke, medium 557 1108 Artichokes, (globe or french), cooked, boiled, drained, without salt 120.0 1.0 artichoke, medium 557 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 544 11520 Taro leaves, raw 28.0 1.0 cup 541 35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 53 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 11957 Fennel, bulb, raw 87.0 1.0 cup, sliced 528 36629 Restaurant, Chinese, orange chicken 648.0 1.0 order 525	11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	567
20138 Wheat, KAMUT khorasan, uncooked 186.0 1.0 cup 560 06627 Sauce, pesto, ready-to-serve, shelf stable 61.0 0.25 cup 559 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt 120.0 1.0 artichoke, medium 557 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120.0 1.0 artichoke, medium 557 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 544 11520 Taro leaves, raw 28.0 1.0 cup 541 35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 534 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 11957 Fennel, bulb, raw 87.0 1.0 cup, sliced 528 36629 Restaurant, Chinese, orange chicken 648.0 1.0 order 525	03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	564
06627 Sauce, pesto, ready-to-serve, shelf stable 61.0 0.25 cup 559 11702 Artichokes, (globe or french), cooked, boiled, drained, with salt 120.0 1.0 artichoke, medium 557 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120.0 1.0 artichoke, medium 557 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 544 11520 Taro leaves, raw 28.0 1.0 cup 541 35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 534 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 11957 Fennel, bulb, raw 87.0 1.0 cup, sliced 528 36629 Restaurant, Chinese, orange chicken 648.0 1.0 order 525	03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	564
11702 Artichokes, (globe or french), cooked, boiled, drained, with salt 120.0 1.0 artichoke, medium 557 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120.0 1.0 artichoke, medium 557 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 544 11520 Taro leaves, raw 28.0 1.0 cup 541 35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 534 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 11957 Fennel, bulb, raw 87.0 1.0 cup, sliced 528 36629 Restaurant, Chinese, orange chicken 648.0 1.0 order 525	20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	560
11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120.0 1.0 artichoke, medium 557 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 544 11520 Taro leaves, raw 28.0 1.0 cup 541 35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 534 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 11957 Fennel, bulb, raw 87.0 1.0 cup, sliced 528 36629 Restaurant, Chinese, orange chicken 648.0 1.0 order 525	06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	559
11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 544 11520 Taro leaves, raw 28.0 1.0 cup 541 35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 534 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 11957 Fennel, bulb, raw 87.0 1.0 cup, sliced 528 36629 Restaurant, Chinese, orange chicken 648.0 1.0 order 525	11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	557
11520 Taro leaves, raw 28.0 1.0 cup 541 35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 534 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 11957 Fennel, bulb, raw 87.0 1.0 cup, sliced 528 36629 Restaurant, Chinese, orange chicken 648.0 1.0 order 525	11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	557
35204 Chokecherries, raw, pitted (Northern Plains Indians) 154.0 1.0 cup 534 36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 11957 Fennel, bulb, raw 87.0 1.0 cup, sliced 528 36629 Restaurant, Chinese, orange chicken 648.0 1.0 order 525	11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	544
36618 Restaurant, Chinese, general tso's chicken 535.0 1.0 order 530 11957 Fennel, bulb, raw 87.0 1.0 cup, sliced 528 36629 Restaurant, Chinese, orange chicken 648.0 1.0 order 525	11520	Taro leaves, raw	28.0	1.0 cup	541
11957 Fennel, bulb, raw 87.0 1.0 cup, sliced 528 36629 Restaurant, Chinese, orange chicken 648.0 1.0 order 525	35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	534
36629 Restaurant, Chinese, orange chicken 648.0 1.0 order 525	36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	530
·	11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	528
03100 Babyfood, vegetables, carrots, junior 224.0 1.0 cup 515	36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	525
	03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	515

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	512
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	509
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	508
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	504
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	503
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	500
36019	APPLEBEE'S, chili	136.0	1.0 cup	499
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	499
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	494
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	494
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	492
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	492
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	483
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	480
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	468
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	466
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	464
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	462
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	459
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	459
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	459
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	458
11096	Broccoli raab, raw	40.0	1.0 cup chopped	448
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	448
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	445
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	443
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	443
02028	Spices, paprika	2.3	1.0 tsp	436
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	436
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	436
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	431
20072	Wheat, hard red winter	192.0	1.0 cup	422
20074	Wheat, hard white	192.0	1.0 cup	422
20071	Wheat, hard red spring	192.0	1.0 cup	422

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	421
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	421
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	419
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	416
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	413
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	411
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	411
09221	Tangerine juice, raw	247.0	1.0 cup	410
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	406
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	406
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	403
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	399
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	393
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	392
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	390
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	386
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	386
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	386
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	385
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	384
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	383
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	379
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	371
20075	Wheat, soft white	168.0	1.0 cup	370
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	368
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	365
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	362
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	359
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	359
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	358
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	357
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	357
20062	Rye grain	169.0	1.0 cup	355

1908 Wild rice, row	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
36000 Restaurant, Mexican, cheese encloitaba 2440 In serving serving size varied from 1 to 3 encloitaba 348 11895 Wasgoard, (chinese preserving molon), conked, boiled, drained, without salt 175.0 Concept. 345 12136 Wasgoard, (chinese preserving molon), conked, boiled, drained, without salt 175.0 1.0 cup, cubes 345 12136 Wasgoard, (chinese preserving molon), conked, boiled, drained, without salt 175.0 1.0 cup can december of the serving december of the serv	20088	Wild rice, raw	160.0	1.0 cup	352
11895 Wasgourd, (chinnee preserving melon), cooked, boiled, drained, without sail 1750 110 cup, cobes 345 11594 Wasgourd, (chinnee preserving melon), cooked, boiled, drained, without sail 1750 0 110 cup, cobes 345 2132 Nam, incide subs, sproy readed, with peans at all added, PLANTERS pirachio bload 1470 0 10 343 6024 Soup, chicken and vegetable, counced, ready-to-serve 2550 10 0 340 25028 Torolla chips, yallow, pains, sated 28 25 10 30 30 4044 CARMBELL'S CHINNY Soups, Old Fushioned Vegetable Beef Stop 2470 0 10 33 8087 Cercals ready-to-cat, GENERAL MILLS. Honey Nut CHEX 320 0.75 cup (TNLEA serving) 33 10804 Exchange Michael, freak, freak and vegetable, field, ciriyaki, and sweet and sour varieties 300 0.75 cup (TNLEA serving) 30 1124 Carcals ready-to-cat, GELLOGG, south and liquids 73.0 0.10 cup	08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	351
1594 Wasgourd, (chinese preserving melon), cooked, brilled, drained, without salt 1750 L. Outp, cubes 36 12136 Nuss, mixed unts, dry rosated, with perants, salt added, PLANTERS pistachio blend 1470 1.0 cup 343 60024 Song, chicken and vegetable, camed, ready-to-serve 2525 0.0 cup 310 25203 Tortilla chips, yellow, plain, salted 28.35 1.0 cu 340 06434 CAMPBELL'S CHUNKY Songs, Old Fashioned Vegetable Beef Song 2470 0.75 cup (1 NLL5 serving) 388 0857 Cercuit ready-to-cat, GENERAL MILLS. Honey Nu CHEX 220 0.75 cup (1 NLL5 serving) 332 22958 Rice bowd with chicken, frozen crince, prepared (includes fried, teriyak; and sweet and sour varieties) 340 0.10 cup chopped 328 11124 Currots, raw 1250 0.10 cup chopped 328 1.0 cup chopped 328 11129 Peppers, but chili, green, canned, sexel duili greeds, solids and liquids 730 0.10 cup cup chop 324 11830 Deppers, but chili, ed, canned, excluding seeds, solids and liquids 730 0.10 cup	36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	349
12136 Nus. mixed muts, dry roasted, with pearuts, salt added. PLANTERS pistuchio blend 1470 0.004 3.00 1.00 cm 3.00 60024 Sopp, chicken and vegetable, camed, really-to-serve 2835 1.00 cm 3.00 6643 CAMPBELL'S CHUNKY Soups, OM Fashioned Vegetable Beef Soup 2470 0.075 cup (INTEA scring) 3.32 80676 Cercals ready-to-eac, GENERIA, MILL'S, Honey Nir CHEX 3.00 0.75 cup (INTEA scring) 3.32 21878 Rice book with chicken, frozen entree, prepared (includes fried, teriyaki, and sweer and sour varieties) 3.00 0.75 cup (INTEA scring) 3.32 11870 Carrox, raw 4.00 0.00 1.0 cup chopper 3.02 11870 Peppers, bot chili, green, camed, post, schild geeds, solids and liquids 7.0 0.00 1.0 cup chopper 3.02 11830 Peppers, bot chili, red, camed, scheding seeds, solids and liquids 7.0 0.0 1.0 cup chopper 3.02 11831 Gege duck, whole, fresh, raw 3.0 0.0 1.0 cup chopper 3.20 11832 Peppers, bot chili, red, camed, scheding seeds, solids and liquids 3.0 0.0<	11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	345
16024 Sonp, chicken and vegerable, canned, ready-to-serve 255.08 1.0 cm 342 25028 Torilla chips, yellow, plain, salted 28.35 1.0 or 340 66434 CAMPBELLS CHUNKY Soups, Old Fashioned Vegetable Bed Soup 247.0 0.075 cup (1 NLEA servin) 388 6667 Cereals ready-to-cut, GENERAL MILLS, Itoney Nut CHEX 340 0.075 cup (1 NLEA servin) 382 25958 Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties) 340 0.075 cup (1 NLEA servin) 328 11124 Caros, raw 450 1.0 cup chopper 228 11269 Peppers, bot chill, green, canned, pods, excluding seeds, solids and liquids 730 1.0 pepper 226 11820 Peppers, hot chill, green, canned, seeds, solids and liquids 730 1.0 pepper 224 11830 Fig., duck, whole, fich, ref, canned, excluding seeds, solids and liquids 730 1.0 pepper 1.0 cup 11830 Peppers, hot chill, rec, canned, excluding seeds, solids and liquids 730 1.0 cup (1 NLEA serving) 232 11830 Coreals seady-to-call, GENERAL MILLS, BOO BERRY<	11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	345
2508 Torilla chips, yellow, plain, salted 28.35 1.0 oz. 3.40 06434 CAMPBELLS CHUKKY Soup, Old Fashioned Vegetable Beef Soup 247.0 1.20 0.75 cup (1 ALE sextry) 3.88 08575 Cereals ready-to-ea, GENERAL MILLS, Honey Nut CHEX 32.0 0.75 cup (1 ALE sextry) 3.28 22958 Rice bowl with chicken, frozen entree, prepared (includes fried, terlyski, and sweet and sour varieties) 32.0 1.0 cup (1 ALE sextry) 3.28 11670 Peppers, bot chili, green, raw 32.0 1.0 cup (1 ALE sextry) 3.26 11829 Peppers, bot chili, green, camed, oexcluding seeds, solids and liquids 73.0 0.0 cup 1.0 cup (1 ALE sextry) 3.21 11830 Peppers, bot chili, green, camed, sexted 25.0 0.0 cup 1.0 cup (1 ALE sextry) 3.21 11830 Peppers, bot chili, green, camed, sexted 25.0 2.0 cup 1.0 cup (1 ALE sextry) 3.20 11830 Promators, cat, rice, canned, sexted 2.0 cup 1.0 cu	12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	343
66434 CAMPBELLS CHUNKY Soups, Old Fashioned Vogetable Beef Soup 2470 Carcals ready-to-cat, GENIRAL MILLS, Honey, Nur CHEX 32.0 0.75 cup (I N.L-A serving) 33.2 2958 Rice bowd with ehicker, frozen entree, prepared (includes fried, tetrylaki, and sweet and sour varieties) 410.0 1.0 1.0 32.2 2958 Rice bowd with ehicker, frozen entree, prepared (includes fried, tetrylaki, and sweet and sour varieties) 410.0 1.0 1.0 1.0 2.0 11124 Carrots, raw 4.0 1.0 1.0 2.0 2.0 1129 Peppers, hot chili, green, camed, pods, excluding seeds, solids and liquids 73.0 1.0 1.0 pepper 3.2 11820 Peppers, hot chili, green, camed, pods, excluding seeds, solids and liquids 73.0 1.0 1.0 pepper 3.2 11820 Peppers, hot chili, green, camed, seeds, solids and liquids 73.0 2.0 1.0 1.0 2.0 11820 Cercals ready-to-eat, GENERAL MILLS, BOD BERRY 3.0 1.0 1.0 3.2 2005 Barcky, pearled, traw 2.0 1.0 1.0 3	06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	342
08057 Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX 32.0 0.75 cup (1 NLEA serving) 33.2 22958 Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties) 340.0 0.0 1.0 bowl 33.0 11124 Carons, raw 128.0 4.50 0.10 cup chopped 32.8 11820 Peppers, bot chili, green, cauned, pods, excluding seeds, solids and liquids 73.0 0.0 1.0 pepper 22.4 11820 Peppers, bot chili, red, canned, excluding seeds, solids and liquids 73.0 0.0 1.0 pepper 22.4 11820 Peppers, bot chili, red, canned, excluding seeds, solids and liquids 73.0 0.0 1.0 pepper 22.4 11820 Peppers, bot chili, red, canned, excluding seeds, solids and liquids 73.0 0.0 1.0 cup (1) pepper 22.4 11820 Peppers, bot chili, red, canned, stewd 20.0 2.0 1.0 cup (1) NLEA serving 23.0 0820 Cereals ready-to-eat, KRILLOGGS CORN POPS 30.0 1.0 cup (1) NLEA serving 31.9 11820 Snacks, torillia chips, light (baked with less oil) 30.0	25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	340
22958 Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties) 3400 1.0 bowl 330 11124 Carrots, raw 1280 1.0 cup chopped 328 11670 Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids 75.0 1.0 pepper 324 11820 Peppers, hot chili, red, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 324 11831 Egg, duck, whole, fresh, raw 70.0 1.0 egg 321 11833 Tomatoes, red, ripe, canned, seeds 255.0 1.0 cup (1 NLEA serving) 320 08273 Cercals ready-to-cat, GENERAL MILLS, BOO BERRY 33.0 1.0 cup (1 NLEA serving) 320 08068 Cercals ready-to-cat, KELLOGG, KELLOGGS CORN POPS 30.0 1.0 cup (1 NLEA serving) 320 18159 Peppers, hot chili, red, raw 45.0 0.10 cup (1 NLEA serving) 320 08268 Cercals ready-to-cat, GENERAL MILLS, FRANKENBERRY 33.0 1.0 cup (1 NLEA serving) 315 11279 O'Era, cooked, boiled, drained, without salt 80.0 0.5 cup sites 312	06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	338
11124 Carrots, raw 128.0 1.0 cup chopped 328 11670 Peppers, bot chili, green, raw 45.0 1.0 pepper 326 11329 Peppers, bot chili, green, canned, pods, excluding seeds, solids and liquids 73.0 1.0 pepper 324 11820 Peppers, bot chili, green, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 324 11830 Peppers, bot chili, green, canned, excluding seeds, solids and liquids 73.0 1.0 cup chili, chili, canned, excluding seeds, solids and liquids 73.0 1.0 cup chili, chili, canned, seeds 321 11830 Pomatose, red, ripe, canned, stewed 255.0 1.0 cup chili,	08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	332
11670 Peppers, hot chill, green, raw 45.0 1.0 pepper 326 11329 Peppers, hot chill, green, canned, pods, excluding seeds, solids and liquids 73.0 1.0 pepper 324 11820 Peppers, hot chill, red, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 324 11832 Peppers, hot chill, red, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 324 11833 Tomatoes, red, ripe, canned, stewed 255.0 1.0 cup 321 1823 Cercals ready-to-eat, GENERAL MILLS, BOO BERRY 33.0 1.0 cup (1 NLEA serving) 320 2005 Barley, pearled, raw 200.0 1.0 cup (1 NLEA serving) 320 4556 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup (1 NLEA serving) 320 4826 Cercals ready-to-eat, GENERAL MILLS, FRANKENBERRY 33.0 1.0 cup (1 NLEA serving) 319 1829 Okra, cooked, boiled, drained, without salt 80.0 0.5 cup slices 312 1829 Okra, cooked, boiled, drained, without salt 80.0 0.5 cup slices 312	22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	330
11329 Peppers, hot chill; green, canned, pods, excluding seeds, solids and liquids 73.0 1.0 pepper 324 11820 Peppers, hot chill; red, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 324 01138 Egg, duck, whole, fresh, raw 70.0 1.0 egg 321 11533 Tomatoes, red, ripe, canned, stewed 255.0 1.0 cup (1 NLEA serving) 320 2005 Barley, pearled, raw 2000 1.0 cup (1 NLEA serving) 320 3056 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 30.0 1.0 cup (1 NLEA serving) 320 4356 Snacks, tortilla chips, light (baked with soil) 63.0 1.0 cup (1 NLEA serving) 320 4356 Snacks, tortilla chips, light (baked with soil) 63.0 1.0 cup (1 NLEA serving) 320 4356 Snacks, tortilla chips, light (baked with soil) 45.0 1.0 cup (1 NLEA serving) 315 1818 Peppers, hot chili, red, raw 45.0 1.0 cup (1 NLEA serving) 315 1829 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY 33.0 1.0 cup (1 NLEA serving) 312	11124	Carrots, raw	128.0	1.0 cup chopped	328
11820 Peppers, hot chili, red, canned, excluding seeds, solids and liquids 73.0 1.0 pepper 324 01138 Egg, duck, whole, fresh, raw 70.0 1.0 egg 321 11533 Tomatoes, red, ripe, canned, stewed 255.0 1.0 cup (1 NLEA serving) 320 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 33.0 1.0 cup (1 NLEA serving) 320 20005 Barley, pearled, raw 2000 1.0 cup (1 NLEA serving) 320 48566 Snacks, tortilla chips, light (baked with less oil) 30.0 1.0 cup (1 NLEA serving) 320 48566 Snacks, tortilla chips, light (baked with less oil) 30.0 1.0 cup (1 NLEA serving) 319 48566 Snacks, tortilla chips, light (baked with less oil) 45.0 1.0 cup (1 NLEA serving) 319 48566 Snacks, tortilla chips, light (baked with less oil) 45.0 1.0 cup (1 NLEA serving) 319 48566 Snacks, tortilla chips, light (baked with less oil) 45.0 1.0 cup (1 NLEA serving) 315 11819 Peppers, hot chili, red, raw 45.0 0.5 cup slices 312	11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	326
01138 Egg, duck, whole, fresh, raw 70.0 1.0 egg 321 11533 Tomatoes, red, ripe, canned, stewed 255.0 1.0 cup (1 NLEA serving) 320 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 33.0 1.0 cup (1 NLEA serving) 320 20005 Barley, pearled, raw 2000 1.0 cup (1 NLEA serving) 320 8068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS 30.0 1.0 cup (1 NLEA serving) 320 45566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup (1 NLEA serving) 320 45566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup (1 NLEA serving) 319 1819 Peppers, hot chili, red, raw 45.0 1.0 cup (1 NLEA serving) 319 98268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY 33.0 1.0 cup (1 NLEA serving) 315 1127 Okra, cooked, boiled, drained, without salt 80.0 0.5 cup slices 312 11803 Okra, cooked, boiled, drained, with salt 80.0 0.5 cup slices 312 43572 Pop	11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	324
11533 Tomatoes, red, ripe, canned, stewed 255.0 1.0 cup (1 NLEA serving) 321 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 33.0 1.0 cup (1 NLEA serving) 320 20005 Barley, pearled, raw 2000 30.0 1.0 cup (1 NLEA serving) 320 8268 Cereals ready-to-eat, KEILOGG, KEILLOGG SCORN POPS 30.0 1.0 cup (1 NLEA serving) 320 43566 Snacks, tortilla chips, tight (baked with less oil) 63.0 1.0 cup (1 NLEA serving) 319 11819 Peppers, hot chill; red, raw 45.0 1.0 cup (1 NLEA serving) 315 11279 Okra, cooked, boiled, drained, without salt 80.0 0.5 cup slices 312 11803 Okra, cooked, boiled, drained, with salt 80.0 0.5 cup slices 312 43572 Poporn, microwave, low fat and sodium 28.35 1.0 oz 308 36056 Restaurant, Mexican, cheese tamales 30.0 1.0 serving serving size varied from 1 to 3 tamales 308 2012 Bulgur, dry 10.0 cup 1.0 cup 307 4817 Babyfood, me	11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	324
08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY 33.0 1.0 cup (1 NLEA serving) 320 20005 Barley, pearled, raw 2000 0.0 cup (1 NLEA serving) 320 08068 Cereals ready-to-eat, KELLOGG, KELLOGGS CORN POPS 30.0 1.0 cup (1 NLEA serving) 320 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup (1 NLEA serving) 319 11819 Peppers, hot chili, red, raw 45.0 1.0 cup (1 NLEA serving) 319 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY 33.0 1.0 cup (1 NLEA serving) 315 11279 Okra, cooked, boiled, drained, without salt 80.0 0.5 cup slices 312 11803 Okra, cooked, boiled, drained, with salt 80.0 0.5 cup slices 312 43572 Popcorn, microwave, low fat and sodium 28.5 1.0 serving serving size varied from 1 to 3 tamales 308 36056 Restaurant, Mexican, cheese tamales 30.0 1.0 serving serving size varied from 1 to 3 tamales 308 20012 Bulgur, dry 40.0 1.0 cup 307 4	01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	321
20005 Barley, pearled, raw 2000 1.0 cup 320 08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS 30.0 1.0 cup (1 NLEA serving) 320 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 319 11819 Peppers, hot chili, red, raw 45.0 1.0 pepper 319 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY 33.0 1.0 cup (1 NLEA serving) 315 11279 Okra, cooked, boiled, drained, without salt 80.0 0.5 cup slices 312 11803 Okra, cooked, boiled, drained, with salt 80.0 0.5 cup slices 312 43572 Popcorn, microwave, low fat and sodium 28.35 1.0 serving serving size varied from 1 to 3 tamales 308 36056 Restaurant, Mexican, cheese tamales 30.0 1.0 serving serving size varied from 1 to 3 tamales 308 20012 Bulgur, dry 140.0 1.0 cup 307 60618 Soup, chunky chicken noodle, canned, ready-to-serve 530.0 1.0 cup 307 43417 Babyfood, meat, beef with	11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	321
08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS 30.0 1.0 cup (1 NLEA serving) 320 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 319 11819 Peppers, hot chili, red, raw 45.0 1.0 pepper 319 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY 33.0 1.0 cup (1 NLEA serving) 315 11279 Okra, cooked, boiled, drained, without salt 80.0 0.5 cup slices 312 11803 Okra, cooked, boiled, drained, with salt 80.0 0.5 cup slices 312 43572 Popcorn, microwave, low fat and sodium 28.35 1.0 oz 308 36056 Restaurant, Mexican, cheese tamales 302.0 1.0 serving serving size varied from 1 to 3 tamales 308 20012 Bulgur, dry 140.0 1.0 cup 307 22969 Chili with beans, microwavable bowls 244.0 1.0 cup 307 06018 Soup, chunky chicken noodle, canned, ready-to-serve 530.0 1.0 cup (1 NLEA serving) 304 08078 Cereals ready-to-eat, GENERAL MILLS	08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	320
43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 319 11819 Peppers, hot chili, red, raw 45.0 1.0 pepper 319 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY 33.0 1.0 cup (1 NLEA serving) 315 11279 Okra, cooked, boiled, drained, without salt 80.0 0.5 cup slices 312 11803 Okra, cooked, boiled, drained, with salt 80.0 0.5 cup slices 312 43572 Popcorn, microwave, low fat and sodium 28.35 1.0 oz 308 36056 Restaurant, Mexican, cheese tamales 302.0 1.0 serving serving size varied from 1 to 3 tamales 308 20012 Bulgur, dry 140.0 1.0 cup 307 22969 Chili with beans, microwavable bowls 244.0 1.0 cup 307 06018 Soup, chunky chicken noodle, canned, ready-to-serve 530.0 1.0 cup (1 NLEA serving) 304 0807 Cereals ready-to-eat, GENERAL MILLS, TRIX 32.0 1.0 cup (1 NLEA serving) 304 08067 Soup, chunky vegetable, canned, ready-to-serv	20005	Barley, pearled, raw	200.0	1.0 cup	320
11819 Peppers, hot chilli, red, raw 45.0 1.0 pepper 319 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY 33.0 1.0 cup (1 NLEA serving) 315 11279 Okra, cooked, boiled, drained, without salt 80.0 0.5 cup slices 312 11803 Okra, cooked, boiled, drained, with salt 80.0 0.5 cup slices 312 43572 Popcorn, microwave, low fat and sodium 28.35 1.0 oz 308 36056 Restaurant, Mexican, cheese tamales 302.0 1.0 serving serving size varied from 1 to 3 tamales 308 20012 Bulgur, dry 140.0 1.0 cup 308 22969 Chili with beans, microwavable bowls 244.0 1.0 cup 307 06018 Soup, chunky chicken noodle, canned, ready-to-serve 530.0 1.0 cup (1 NLEA serving) 304 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX 32.0 1.0 cup (1 NLEA serving) 304 06067 Soup, chunky vegetable, canned, ready-to-serve 230.0 1.0 cup (1 NLEA serving) 304 08390 Cereals ready-to-eat, KASHI GOOD FRIEND	08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	320
08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY 33.0 1.0 cup (1 NLEA serving) 315 11279 Okra, cooked, boiled, drained, without salt 80.0 0.5 cup slices 312 11803 Okra, cooked, boiled, drained, with salt 80.0 0.5 cup slices 312 43572 Popcorn, microwave, low fat and sodium 28.35 1.0 oz 308 36056 Restaurant, Mexican, cheese tamales 302.0 1.0 serving serving size varied from 1 to 3 tamales 308 20012 Bulgur, dry 140.0 1.0 cup 308 22969 Chili with beans, microwavable bowls 244.0 1.0 cup 307 06018 Soup, chunky chicken noodle, canned, ready-to-serve 530.0 1.0 cup 1.0 can 307 43417 Babyfood, meat, beef with vegetables, toddler 179.0 1.0 cup (1 NLEA serving) 304 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX 32.0 1.0 cup (1 NLEA serving) 304 06067 Soup, chunky vegetable, canned, ready-to-serve 230.0 1.0 cup (1 NLEA serving) 304 08390	43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	319
11279 Okra, cooked, boiled, drained, without salt 80.0 0.5 cup slices 312 11803 Okra, cooked, boiled, drained, with salt 80.0 0.5 cup slices 312 43572 Popcorn, microwave, low fat and sodium 28.35 1.0 oz 308 36056 Restaurant, Mexican, cheese tamales 302.0 1.0 serving serving size varied from 1 to 3 tamales 308 20012 Bulgur, dry 140.0 1.0 cup 308 22969 Chili with beans, microwavable bowls 244.0 1.0 cup 307 06018 Soup, chunky chicken noodle, canned, ready-to-serve 530.0 1.0 can 307 43417 Babyfood, meat, beef with vegetables, toddler 179.0 1.0 jar NFS 306 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX 32.0 1.0 cup (1 NLEA serving) 304 06067 Soup, chunky vegetable, canned, ready-to-serve 230.0 1.0 cup (1 NLEA serving) 304 08390 Cereals ready-to-eat, KASHI GOOD FRIENDS 53.0 1.0 cup (1 NLEA serving) 303	11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	319
11803 Okra, cooked, boiled, drained, with salt 80.0 0.5 cup slices 312 43572 Popcorn, microwave, low fat and sodium 28.35 1.0 oz 308 36056 Restaurant, Mexican, cheese tamales 302.0 1.0 serving serving size varied from 1 to 3 tamales 308 20012 Bulgur, dry 140.0 1.0 cup 308 22969 Chili with beans, microwavable bowls 244.0 1.0 cup 307 06018 Soup, chunky chicken noodle, canned, ready-to-serve 530.0 1.0 can 307 43417 Babyfood, meat, beef with vegetables, toddler 179.0 1.0 jar NFS 306 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX 32.0 1.0 cup (1 NLEA serving) 304 06067 Soup, chunky vegetable, canned, ready-to-serve 230.0 1.0 cup (1 NLEA serving) 304 08390 Cereals ready-to-eat, KASHI GOOD FRIENDS 53.0 1.0 cup (1 NLEA serving) 303	08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	315
43572 Popcorn, microwave, low fat and sodium 28.35 1.0 oz 308 36056 Restaurant, Mexican, cheese tamales 302.0 1.0 serving serving size varied from 1 to 3 tamales 308 20012 Bulgur, dry 140.0 1.0 cup 308 22969 Chili with beans, microwavable bowls 244.0 1.0 cup 307 06018 Soup, chunky chicken noodle, canned, ready-to-serve 530.0 1.0 can 307 43417 Babyfood, meat, beef with vegetables, toddler 179.0 1.0 jar NFS 306 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX 32.0 1.0 cup (1 NLEA serving) 304 06067 Soup, chunky vegetable, canned, ready-to-serve 230.0 1.0 cup (1 NLEA serving) 304 08390 Cereals ready-to-eat, KASHI GOOD FRIENDS 53.0 1.0 cup (1 NLEA serving) 303	11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	312
36056 Restaurant, Mexican, cheese tamales 302.0 1.0 serving serving size varied from 1 to 3 tamales 308 20012 Bulgur, dry 140.0 1.0 cup 308 22969 Chili with beans, microwavable bowls 244.0 1.0 cup 307 06018 Soup, chunky chicken noodle, canned, ready-to-serve 530.0 1.0 can 307 43417 Babyfood, meat, beef with vegetables, toddler 179.0 1.0 jar NFS 306 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX 32.0 1.0 cup (1 NLEA serving) 304 06067 Soup, chunky vegetable, canned, ready-to-serve 230.0 1.0 cup (1 NLEA serving) 304 08390 Cereals ready-to-eat, KASHI GOOD FRIENDS 53.0 1.0 cup (1 NLEA serving) 303	11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	312
20012 Bulgur, dry 140.0 1.0 cup 308 22969 Chili with beans, microwavable bowls 244.0 1.0 cup 307 06018 Soup, chunky chicken noodle, canned, ready-to-serve 530.0 1.0 can 307 43417 Babyfood, meat, beef with vegetables, toddler 179.0 1.0 jar NFS 306 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX 32.0 1.0 cup (1 NLEA serving) 304 06067 Soup, chunky vegetable, canned, ready-to-serve 230.0 1.0 cup (1 NLEA serving) 304 08390 Cereals ready-to-eat, KASHI GOOD FRIENDS 53.0 1.0 cup (1 NLEA serving) 303	43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	308
22969Chili with beans, microwavable bowls244.01.0 cup30706018Soup, chunky chicken noodle, canned, ready-to-serve530.01.0 can30743417Babyfood, meat, beef with vegetables, toddler179.01.0 jar NFS30608078Cereals ready-to-eat, GENERAL MILLS, TRIX32.01.0 cup (1 NLEA serving)30406067Soup, chunky vegetable, canned, ready-to-serve230.01.0 cup (1 NLEA serving)30408390Cereals ready-to-eat, KASHI GOOD FRIENDS53.01.0 cup (1 NLEA serving)303	36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	308
06018Soup, chunky chicken noodle, canned, ready-to-serve530.01.0 can30743417Babyfood, meat, beef with vegetables, toddler179.01.0 jar NFS30608078Cereals ready-to-eat, GENERAL MILLS, TRIX32.01.0 cup (1 NLEA serving)30406067Soup, chunky vegetable, canned, ready-to-serve230.01.0 cup (1 NLEA serving)30408390Cereals ready-to-eat, KASHI GOOD FRIENDS53.01.0 cup (1 NLEA serving)303	20012	Bulgur, dry	140.0	1.0 cup	308
43417Babyfood, meat, beef with vegetables, toddler179.01.0 jar NFS30608078Cereals ready-to-eat, GENERAL MILLS, TRIX32.01.0 cup (1 NLEA serving)30406067Soup, chunky vegetable, canned, ready-to-serve230.01.0 cup (1 NLEA serving)30408390Cereals ready-to-eat, KASHI GOOD FRIENDS53.01.0 cup (1 NLEA serving)303	22969	Chili with beans, microwavable bowls	244.0	1.0 cup	307
08078Cereals ready-to-eat, GENERAL MILLS, TRIX32.01.0 cup (1 NLEA serving)30406067Soup, chunky vegetable, canned, ready-to-serve230.01.0 cup (1 NLEA serving)30408390Cereals ready-to-eat, KASHI GOOD FRIENDS53.01.0 cup (1 NLEA serving)303	06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	307
06067Soup, chunky vegetable, canned, ready-to-serve230.01.0 cup30408390Cereals ready-to-eat, KASHI GOOD FRIENDS53.01.0 cup (1 NLEA serving)303	43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	306
08390 Cereals ready-to-eat, KASHI GOOD FRIENDS 53.0 1.0 cup (1 NLEA serving) 303	08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	304
	06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	304
Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS 269.0 1.0 cup	08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	303
	31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	299

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	298
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	298
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	295
20004	Barley, hulled	184.0	1.0 cup	294
20140	Spelt, uncooked	174.0	1.0 cup	294
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	293
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	293
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	286
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	286
11143	Celery, raw	101.0	1.0 cup chopped	286
09206	Orange juice, raw	248.0	1.0 cup	285
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	282
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	280
11278	Okra, raw	100.0	1.0 cup	280
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	280
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	278
20035	Quinoa, uncooked	170.0	1.0 cup	277
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	275
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	274
16059	Chili with beans, canned	256.0	1.0 cup	274
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	272
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	272
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	271
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	271
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	270
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	269
20063	Rye flour, dark	128.0	1.0 cup	269
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	264
20080	Wheat flour, whole-grain	120.0	1.0 cup	264
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	261
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	261
20060	Rice bran, crude	118.0	1.0 cup	260
20131	Barley malt flour	162.0	1.0 cup	259
09144	Jackfruit, raw	165.0	1.0 cup, sliced	259
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	259

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	258
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	256
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	255
01123	Egg, whole, raw, fresh	50.0	1.0 large	252
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	251
01131	Egg, whole, cooked, poached	50.0	1.0 large	250
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	250
01128	Egg, whole, cooked, fried	46.0	1.0 large	250
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	249
11974	Grape leaves, raw	14.0	1.0 cup	245
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	243
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	242
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	241
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	240
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	239
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	237
20130	Barley flour or meal	148.0	1.0 cup	237
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	237
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	235
22916	Lasagna with meat & Days gauce, frozen entree	134.0	1.0 piece side	234
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	234
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	233
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	233
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	232
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	232
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	232
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	231
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	230
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	230
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	229
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	228
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	227
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	227
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	227
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	226

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	226
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	225
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	225
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	225
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	224
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	224
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	224
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	224
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	223
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	220
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	220
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	220
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	218
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	218
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	217
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	216
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	216
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	216
20065	Rye flour, light	102.0	1.0 cup	214
20064	Rye flour, medium	102.0	1.0 cup	214
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	213
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	213
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	213
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	211
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	209
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	209
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	208
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	208
09307	Rhubarb, raw	122.0	1.0 cup, diced	207
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	207
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	207
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	204
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	204
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	203
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	202

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	202
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	202
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	202
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	202
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	200
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	199
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	199
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	199
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	199
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	198
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	198
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	198
36613	DENNY'S, macaroni & menu kid's menu	180.0	1.0 serving	198
36027	DENNY'S, chicken strips	194.0	1.0 serving	198
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	197
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	196
22963	Lean Pockets, Meatballs & Dozzarella	128.0	1.0 each	196
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	196
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	195
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	195
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	195
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	195
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	194
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	193
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	192
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	192
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	191
11693	Tomatoes, crushed, canned	121.0	0.5 cup	191
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	190
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	190
09190	Mulberries, raw	140.0	1.0 cup	190
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	187
20132	Oat flour, partially debranned	104.0	1.0 cup	187
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	187

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	187
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	186
01125	Egg, yolk, raw, fresh	17.0	1.0 large	186
09191	Nectarines, raw	143.0	1.0 cup slices	186
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	186
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	186
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	185
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	185
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	184
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	184
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	183
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	182
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	182
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	182
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	180
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	180
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	179
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	178
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	178
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	178
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	177
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	176
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	176
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	174
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	173
43382	Cranberry juice, unsweetened	253.0	1.0 cup	172
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	172
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	170
09043	Blackberry juice, canned	250.0	1.0 cup	170
09042	Blackberries, raw	144.0	1.0 cup	170
20033	Oat bran, raw	94.0	1.0 cup	169
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	169
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	169
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	168

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	167
09302	Raspberries, raw	123.0	1.0 cup	167
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	167
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	167
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	167
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	167
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	166
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	165
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	164
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	164
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	164
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	163
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	162
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	161
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	161
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	160
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	160
11954	Tomatillos, raw	34.0	1.0 medium	159
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	159
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	158
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	156
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	156
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	155
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	154
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	154
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	153
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	152
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	151
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	150
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	149
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	149
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	148
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	148
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	148
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	148

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	148
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	146
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	146
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	146
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	146
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	146
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	146
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	146
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	146
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	146
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	145
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	144
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	144
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	144
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	144
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	144
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	144
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	144
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	142
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	142
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	142
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	141
02044	Basil, fresh	2.5	5.0 leaves	141
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	141
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	141
09236	Peaches, yellow, raw	154.0	1.0 cup slices	140
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	140
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	140
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	140
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	140
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	139
20077	Wheat bran, crude	58.0	1.0 cup	139
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	139
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	138

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09021	Apricots, raw	155.0	1.0 cup, halves	138
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	137
01057	Eggnog	254.0	1.0 cup	137
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	137
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	136
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	136
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	136
11981	Peppers, hungarian, raw	27.0	1.0 pepper	136
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	135
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	134
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	134
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	134
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	133
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	133
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	133
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	133
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	133
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	132
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	132
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	132
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	132
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	132
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	132
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	131
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	131
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	131
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	130
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	130
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	130
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	129
09226	Papayas, raw	145.0	1.0 cup 1" pieces	129
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	128
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	128
20142	Teff, uncooked	193.0	1.0 cup	127
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	127

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	127
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	126
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	125
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	125
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	125
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	124
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	124
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	124
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	123
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	123
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	123
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	123
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	122
20032	Millet, cooked	174.0	1.0 cup	122
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	121
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	121
09279	Plums, raw	165.0	1.0 cup, sliced	120
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	120
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	120
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	119
09050	Blueberries, raw	148.0	1.0 cup	118
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	118
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	118
36003	APPLEBEE'S, KRAFT, Macaroni & Emp; Cheese, from kid's menu	124.0	1.0 cup	118
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	118
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	117
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	117
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	117
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	117
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	117
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	116
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	116
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	116
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	116
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	116

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	116
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	115
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	114
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	114
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	114
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	113
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	113
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	113
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	113
21159	SUBWAY, steak & Dry cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	113
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	112
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	112
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	112
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	112
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	111
18022	Bread, combread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	111
09087	Dates, deglet noor	147.0	1.0 cup, chopped	110
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	110
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	110
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	110
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	109
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	109
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	109
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	109
36036	Restaurant, family style, onion rings	259.0	1.0 serving	109
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	109
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	108
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	108
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	108
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	108
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	108
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	108
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	107
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	107
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	107

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	106
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	105
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	105
20089	Wild rice, cooked	164.0	1.0 cup	105
36017	Restaurant, family style, macaroni & menu & menu menu menu menu menu menu menu menu	136.0	1.0 cup	105
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	104
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	104
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	103
09294	Prune juice, canned	256.0	1.0 cup	102
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	102
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	102
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	102
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	102
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	102
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	102
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	101
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	101
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	101
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	101
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	101
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	101
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	100
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	100
09078	Cranberries, raw	110.0	1.0 cup, chopped	100
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	99
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	99
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	99
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	99
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	99
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	99
20013	Bulgur, cooked	182.0	1.0 cup	98
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	98
20137	Quinoa, cooked	185.0	1.0 cup	98
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	98
36009	T.G.I. FRIDAY'S, macaroni & menu & menu	144.0	1.0 cup	98

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	97
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	97
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	96
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	96
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	96
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	96
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	96
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	95
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	95
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	95
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	95
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	95
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	93
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	93
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	92
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	92
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	91
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	91
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	91
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	90
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	90
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	90
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	90
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	89
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	89
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	89
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	88
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	88
06190	Soup, bean & Damp; ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	88
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	88
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	88
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	88
20006	Barley, pearled, cooked	157.0	1.0 cup	88
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	88
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	87

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	87
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	87
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	87
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	86
18968	Bagels, wheat	98.0	1.0 bagel	86
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	86
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	86
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	86
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	86
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	85
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	85
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	85
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	84
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	84
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	84
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	84
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	84
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	84
09163	Blueberries, dried, sweetened	40.0	0.25 cup	83
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	83
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	83
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	83
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	82
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	82
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	82
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	82
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	82
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	82
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	81
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	81
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	81
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	80
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	79
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	79
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	79

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	79
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	79
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	78
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	78
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	77
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	77
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	77
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	77
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	76
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	76
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	76
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	76
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	76
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	76
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	76
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	75
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	75
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	75
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	75
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	75
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	74
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	74
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	74
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	74
11118	Cabbage, kimchi	150.0	1.0 cup	74
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	73
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	73
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	73
36031	DENNY'S, onion rings	166.0	1.0 serving	73
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	73
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	72
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	72
42270	Beverages, Orange juice drink	249.0	1.0 cup	72
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	72
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	71

1252 Cerealis ready-to-cat, POST, GREAT GRAINS Crumchy Pecan Cereal 2.0 1.0 km² 71	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
5008 DENNYS, cotes law 91.0 1.0 serving 7.1 08239 Certals really to ent. GENERAL MILLS, thery Bard CIEERROS. Triple Berry 27.1 0.75 cup (N.EA serving) 7.1 0752 Apples, risw., gramy smith, with skin 109.0 1.0 cup, sliced 7.0 0852 Apples, risw., gramy smith, with skin 109.0 1.0 cup, sliced 7.0 1841 Cake, yellow, commercially prepared, with vanilla frosting 57.0 1.0 cup (N.EELA serving) 7.0 2835 Pancikes, plain, reduced fat 105.0 1.0 serving 3 pancikes 6.0 0944 Certals early-seet. MALT-O-MEAL, Risis Bran Cereal 105.0 1.0 serving 3 pancikes 6.0 0944 Cherries, tart, dired, sweetend 40.0 0.25 cup 6.0 0944 Cherries, tart, dired, sweetend 40.0 0.25 cup 6.0 0941 Cherries, tart, dired, sweetend 42.0 0.0 cup 6.0 6417 School, Lunch, pitzu, check cut, whole grain, frozen, cooked 124.0 1.0 cup 6.0 0410 School, Lunch, pitzu, checke, and clitruce, sof <	42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	71
08239 Cernals ready-to-eat, GENERAL MILLS, Burry Burst CHEFRIOS, Triple Berry 270 0.75 cup (1 NLEA serving) 71 09125 Gipelerun jines, white, frozen concentrate, unsweetend, unbinded 2070 1.10 cun (6 fl oz) 70 09126 Apper, rwy, gramy smith, with skin 1090 1.0 cup (NLEA serving) 70 1841 Cake, yellow, commercially prepured, with vanilla frosting 670 1.0 cup (NLEA serving) 70 08484 Cercals ready-to-eat, MALT-O-MEAL, Raisin Bran Cercal 1050 1.0 cup (NLEA serving) 70 08444 Cherries, tart, dried, westened 400 1.0 serving 3 panecks 60 09445 Opports, sugger symplexment, fat free 28.33 1.0 or 69 04447 Sop, checker granthy, camed, prepared with equal volume water 2440 0.10 cup 68 12401 School Lunch, pizza, cheese topping, thick crost, whole grain, frozen, cooked 1240 1.0 serving 3 panecks 68 12401 Sart foods, too with beef, cheese and lettuce, soft 1020 1.0 serving 10 67 0210 Orange juice, chills, includes from concentrate, with added calcium and vitamin D	11959	Arugula, raw	2.0	1.0 leaf	71
09125 Grapefroiti juice, white, frozen concentrate, unsweeened, undiluted 2070 1.0 can (6 fl oz) 70 09502 Apples, raw, gramy smith, with skin 1000 1.0 cap, slieed 70 18141 Cake, yellow, commercially preparately with vanilla frosting 67.0 1.0 cap (1 NLEA serving) 70 08844 Cercals ready-to-cat, MALT-O-MEAL, Raisin Bran Cercal 59.0 1.0 cap (1 NLEA serving) 70 28305 Pancaless, plain, reduced fat 1006 1.0 serving 3 pancales 68 0944 Cherne, tart, dried, a veceted 400 0.25 cup 69 09436 Popcom, sugar syrup/caramel, fat-free 28.33 1.0 cup 68 06417 Soop, chicken gumbo, camed, prepared with equal volume water 244.0 1.0 cup 68 21466 Fest foods, too, with beref, cheese and lettuce, soft 102.0 1.0 cup 67 21460 Fest foods, too, with beref, cheese and lettuce, soft 102.0 1.0 cup 67 21210 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 2490 1.0 cup 67	36028	DENNY'S, coleslaw	91.0	1.0 serving	71
09502 Apples, raw, granny smith, with skin 1090 1.0 cup, sliced, 70 18141 Cake, yellow, commercially prepared, with vanilla frosting 67.0 1.0 serving 70 08484 Cereals eardy-to-eard, MALT-O-MEAI, Raisin Bran Cereal 50.0 1.0 serving 3 parteakes 60 08404 Cherries, tura, discl., weecened 40.0 0.25 cup 60 09414 Opporer, sugar syrup/camed, fat-free 28.35 1.0 cup and 1.0 cup 66 06417 Stop, clicken gambo, camed, prepared with equal volume water 24.40 1.0 cup 66 21601 School Lanch, pizza, choses troping, flicke crust, whole grain, frozen, cooked 12.0 1.0 disc per 170 pizza 68 21646 Fast foods, then with beef, choses and lettuce, soft 102.0 1.0 cup and 1.0 cup 67 09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 240.0 1.0 cup 67 09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 240.0 1.0 cup 67 18227 Cream purif Stell, prepared from seepe 28.35	08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	71
18141 Cake, yellow, commercially prepared, with vanilla frosting 67.0 1.0 serving 70 08484 Cercals ready-to-cat, MALT-O-MEAL, Raisin Bran Cercal 59.0 1.0 cup (1 NEEA serving) 70 28305 Pancakes, plain, reduced fat 105.0 1.0 serving 3 pancakes 69 0944 Cherries, tart, dired, wectened 40.0 0.23 cup 69 19436 Opporn, sugar syrupcaramed, fast-free 28.35 1.0 cup 69 06417 Sony, chicken gumbo, canaed, prepared with equal volume water 244.0 1.0 size per 170 pizz 68 21460 Fax foods, tace owith beef, cheese ond lettuce, soft 102.0 1.0 size per 170 pizz 68 21486 Fax foods, tace with beef, cheese and lettuce, soft 102.0 1.0 size per 170 pizz 68 21486 Fax foods, tace with beef, cheese of mile died calcium 249.0 1.0 cup habre 67 09210 Orange juice, chilled, includes from concentrate, with added calcium 249.0 1.0 cup 67 09210 Orange juice, chilled, includes from concentrate, with added calcium 249.0 1.0 cup 67	09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	70
08484 Cereals ready-to-eat, MALT-O-MEAL, Raisin Brau Cereal 59.0 1.0 cup (1 NLEA serving) 70 28305 Pancakes, plain, reduced fat 105.0 1.0 serving 3 pancakes 69 09414 Cherris, Intr., died, sweetened 40.0 0.25 cup 66 19436 Popcorn, sugar syrup'caranel, fat-free 28.35 1.0 cup 68 06417 Soup, chicken gambo, canned, prepared with equal volume water 244.0 1.0 slive per 1/10 pizz 68 21406 School, Lunch, pizza, tebese topping, thick crust, whole grain, frozen, cooked 124.0 1.0 slive per 1/10 pizz 68 21406 Fast foods, trace with beef, cheese and lettuce, soft 102.0 1.0 cup 67 09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 249.0 1.0 cup 67 09211 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A.D.E 249.0 1.0 cup 67 09209 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A.D.E 249.0 1.0 cup 67 18237 Cream purf shell, prepared from recipe 28.	09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	70
28305 Pancakes, plain, reduced fat 105.0 1.0 serving 3 pancakes 69 09044 Cherries, tart, dried, sweetened 40.0 0.25 cup 69 19436 Popcorn, sugar syngricannel, fat-free 2835 1.0 cup 68 06117 Soup, chicken gumbo, canned, prepared with equal volume water 2441 1.0 slice per 1/10 pitza 68 21486 Fast foods, tace with beef, cheese and lettuce, soft 1020 1.0 slice per 1/10 pitza 68 21486 Fast foods, tace with beef, cheese and lettuce, soft 1020 1.0 slice per 1/10 pitza 68 21486 Fast foods, tace with beef, cheese and lettuce, soft 1020 1.0 cup 67 09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 2490 1.0 cup 67 09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 2490 1.0 cup 67 09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 2490 1.0 cup 67 09227 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D,	18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	70
69044 Cherries, tart, dried, sweetened 400 0.25 cup 69 19436 Popcorn, sgar syttypicamanel, fat-free 28.35 1.10 cz 69 06417 Soup, chicken gumbo, canned, prepared with equal volume water 2440 1.0 slice per 1/10 pizza 68 21601 School Lunch, pizza, chesse topping, thick crust, whole grain, frozen, cooked 1240 1.0 slice per 1/10 pizza 68 21486 Fast foods, taco with beef, cheese and lettuce, soft 1020 1.0 each taco 67 9210 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 2490 1.0 cup 67 9210 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D. E 2490 1.0 cup 67 9506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D. E 2490 1.0 cup 67 9507 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D. E 2490 1.0 cup 67 9508 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D. E 2490 1.0 cup 67 18237	08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	70
19436 Popcom, sugar syrup/caramel, fat-free 28.35 1.0 oz 69 06417 Sonp, chicken gumbo, camed, prepared with equal volume water 24.0 1.0 slice per 1/10 pizza 68 21601 School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked 124.0 1.0 slice per 1/10 pizza 68 21486 Fast foods, taco with beef, cheese and lettuce, soft 102.0 1.0 cach taco 67 99210 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 249.0 1.0 cup 67 99210 Orange juice, chilled, includes from concentrate 249.0 1.0 cup 67 99200 Orange juice, chilled, includes from concentrate 249.0 1.0 cup 67 18237 Cream puff shell, prepared from recipe 28.38 1.0 oz 67 18237 Cream puff shell, prepared from recipe 28.38 1.0 cup, halves 67 18238 Parson, samed, heavy syrup pack, with skin, solids and liquids 258.0 1.0 cup, halves 67 18241 Pears, raw, red anjou 10.0 1.0 cup, halves 67	28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	69
06417 Soup, chicken gumbo, canned, prepared with equal volume water 244.0 1.0 cup 68 21601 School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked 1240 1.0 slice per 1/10 pizza 68 21486 Fast foods, taco with beef, cheese and lettuce, soft 102.0 1.0 cup de 1.0 cup 67 09210 Orange juice, chilled, includes from concentrate, with added calcium 249.0 1.0 cup 67 09209 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 249.0 1.0 cup 67 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 249.0 1.0 cup 67 09507 Apricots, canned, heavy syrup pack, with skin, solids and liquids 258.0 1.0 cup, halves 67 10220 Seeds, flasseed 10.3 1.0 tup, halves 67 12220 Seeds, flasseed 10.3 1.0 tup, halves 67 11941 Pickles, cucumber, sour 125.0 1.0 tup, halves 67 2013 Pears, raw, red anijou 9.7 1.0 tup, halves 66 <td>09044</td> <td>Cherries, tart, dried, sweetened</td> <td>40.0</td> <td>0.25 cup</td> <td>69</td>	09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	69
21601 School Lanch, pizza, cheese topping, thick crust, whole grain, frozen, cooked 124.0 1.0 slice per 1/10 pizza 68 21486 Fast foods, taco with beef, cheese and lettuce, soft 102.0 1.0 each taco 67 09210 Orange juice, chilled, includes from concentrate, with added calcium 249.0 1.0 cup 67 09209 Orange juice, chilled, includes from concentrate 249.0 1.0 cup 67 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 249.0 1.0 cup 67 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 249.0 1.0 cup 67 18237 Cream puff shell, prepared from recipe 28.35 1.0 cup 67 18238 Dears, cook, canced, heavy syrup pack, with skin, solids and liquids 258.0 1.0 cup, halves 67 19220 Seeds, flaxseed 10.3 1.0 tup, halves 67 19221 Pears, raw, red anjou 126.0 1.0 cup 67 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tup 67	19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	69
21486 Fast foods, taco with beef, cheese and lettuce, soft 102.0 1.0 each taco 67 09210 Orange juice, chilled, includes from concentrate, with added calcium 249.0 1.0 cup 67 09211 Orange juice, chilled, includes from concentrate, with added calcium 249.0 1.0 cup 67 09209 Orange juice, chilled, includes from concentrate 249.0 1.0 cup 67 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 249.0 1.0 cup 67 18237 Cream puff shell, prepared from recipe 28.35 1.0 cup 67 09027 Apricots, camed, heavy syrup pack, with skin, solids and liquids 258.0 1.0 cup, halves 67 12220 Seeds, flaxseed 10.3 1.0 tbsp, whole 67 12220 Seeds, flaxseed 10.3 1.0 tbsp, whole 67 1125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 67 11221 Pickles, cucumber, sour 155.0 1.0 cup l serving 66 09131 Grapes, american type (slip sk	06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	68
09210 Orange juice, chilled, includes from concentrate, with added calcium and vitamin D 249.0 1.0 cup 67 09211 Orange juice, chilled, includes from concentrate, with added calcium 249.0 1.0 cup 67 09209 Orange juice, chilled, includes from concentrate 249.0 1.0 cup 67 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 249.0 1.0 cup 67 09507 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 249.0 1.0 cup 67 18237 Cream puff shell, prepared from recipe 28.35 1.0 oz 67 09072 Apricots, canned, heavy syrup pack, with skin, solids and liquids 258.0 1.0 cup, halves 67 12220 Seeds, flaxseed 10.3 1.0 tybs, whole 67 09413 Pears, raw, red anjou 126.0 1.0 small 67 11125 Carrots, cooked, boiled, drained, wilhout salt 9.7 1.0 tybs, whole 67 2011 Lasgana, cheese, frozen, unprepared 237.0 1.0 cup, lasventine, suit sain, solid sand liquids	21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	68
09211 Orange juice, chilled, includes from concentrate, with added calcium 249.0 1.0 cup 67 09209 Orange juice, chilled, includes from concentrate 249.0 1.0 cup 67 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 249.0 1.0 cup 67 18237 Cream puff shell, prepared from recipe 28.35 1.0 cup, halves 67 18220 Seeds, flaxseed 10.3 1.0 tbsp, whole 67 09413 Pears, raw, red anjou 126.0 1.0 small 67 11941 Pickles, cucumber, sour 155.0 1.0 cup 67 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 67 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup leaving 66 9131 Grapes, american type (slip skin), raw 92.0 1.0 cup 66 12271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 sirc 66 36015 Restaurant, family style, chicken fingers, from kid's menu 114.0 1.0 s	21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	67
09209 Orange juice, chilled, includes from concentrate 249.0 1.0 cup 67 09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 249.0 1.0 cup 67 18237 Cream puff shell, prepared from recipe 28.35 1.0 coz 67 09027 Apricots, canned, heavy syrup pack, with skin, solids and liquids 258.0 1.0 cup, halves 67 12220 Seeds, flaxseed 10.3 1.0 tbpp, whole 67 09413 Pears, raw, red anjou 126.0 1.0 small 67 11941 Pickles, cucumber, sour 155.0 1.0 cup 67 11125 Carrots, cooked, boiled, drained, without salt 9,7 1.0 tbsp 67 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 66 09131 Grapes, american type (slip skin), raw 92.0 1.0 cup 1.0 cup 21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 serving 66 09026 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0	09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	67
09506 Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E 249.0 1.0 cup 67 18237 Cream puff shell, prepared from recipe 28.35 1.0 oz 67 09027 Apricots, canned, heavy syrup pack, with skin, solids and liquids 258.0 1.0 cup, halves 67 12220 Seeds, flasseed 10.3 1.0 tbsp, whole 67 09413 Pears, raw, red anjou 126.0 1.0 small 67 11941 Pickles, cucumber, sour 155.0 1.0 cup 67 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 67 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 66 09131 Grapes, american type (slip skin), raw 92.0 1.0 cup 66 21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 serving 66 2015 Restaurant, family style, chicken fingers, from kid's menu 114.0 1.0 serving 66 99226 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0<	09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	67
18237 Cream puff shell, prepared from recipe 28.35 1.0 oz 67 09027 Apricots, canned, heavy syrup pack, with skin, solids and liquids 258.0 1.0 cup, halves 67 12220 Seeds, flaxseed 10.3 1.0 tbsp, whole 67 09413 Pears, raw, red anjou 126.0 1.0 small 67 11941 Pickles, cucumber, sour 155.0 1.0 cup 67 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 67 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 66 09131 Grapes, american type (slip skin), raw 92.0 1.0 cup 66 21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 slice 66 20026 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0 1.0 cup, haves 66 09034 Feijoa, raw 243.0 1.0 cup, pureed 66 11905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 jar Beech-Nut Stage 2 (4 oz) 66<	09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	67
09027 Apricots, canned, heavy syrup pack, with skin, solids and liquids 258.0 1.0 cup, halves 67 12220 Seeds, flaxseed 10.3 1.0 tbsp, whole 67 09413 Pears, raw, red anjou 126.0 1.0 small 67 11941 Pickles, cucumber, sour 155.0 1.0 cup 67 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 67 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 66 09131 Grapes, american type (slip skin), raw 92.0 1.0 cup 66 21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 slice 66 36015 Restaurant, family style, chicken fingers, from kid's menu 114.0 1.0 serving 66 0926 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0 1.0 cup, halves 66 09334 Feijoa, raw 243.0 1.0 cup, purced 66 11905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup, halves	09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	67
12220 Seeds, flaxseed 10.3 1.0 tbsp, whole 67 09413 Pears, raw, red anjou 126.0 1.0 small 67 11941 Pickles, cucumber, sour 155.0 1.0 cup 67 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 67 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 66 09131 Grapes, american type (slip skin), raw 92.0 1.0 cup 66 21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 slice 66 36015 Restaurant, family style, chicken fingers, from kid's menu 114.0 1.0 serving 66 0926 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0 1.0 cup, halves 66 09334 Feijoa, raw 243.0 1.0 cup, pureed 66 11905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup, and the pure training	18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	67
09413 Pears, raw, red anjou 126.0 1.0 small 67 11941 Pickles, cucumber, sour 155.0 1.0 cup 67 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 67 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 66 09131 Grapes, american type (slip skin), raw 92.0 1.0 cup 66 21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 serving 66 36015 Restaurant, family style, chicken fingers, from kid's menu 114.0 1.0 serving 66 09026 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0 1.0 cup, halves 66 09334 Feijoa, raw 243.0 1.0 cup, pureed 66 11905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 jar Beech-Nut Stage 2 (4 oz) 66 28322 Bagels, multigrain 81.0 1.0 jar Beech-Nut Stage 2 (4 oz) 66 11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt 170.0 1.0 cup, shredded 65	09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	67
11941 Pickles, cucumber, sour 155.0 1.0 cup 67 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 67 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 66 09131 Grapes, american type (slip skin), raw 92.0 1.0 cup 1 serving 66 21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 slice 66 36015 Restaurant, family style, chicken fingers, from kid's menu 114.0 1.0 serving 66 09026 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0 1.0 cup, halves 66 09334 Feijoa, raw 243.0 1.0 cup, pureed 66 11905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup, pureed 66 03055 Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 66 28322 Bagels, multigrain 81.0 1.0 cup, shredded 65 11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt 170.0 1.0 cup, shredded 65	12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	67
11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 67 32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 66 09131 Grapes, american type (slip skin), raw 92.0 1.0 cup 66 21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 slice 66 36015 Restaurant, family style, chicken fingers, from kid's menu 114.0 1.0 serving 66 09026 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0 1.0 cup, halves 66 09334 Feijoa, raw 243.0 1.0 cup, pureed 66 11905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup, pureed 66 03055 Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 66 28322 Bagels, multigrain 81.0 1.0 piece bagel 65 11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt 170.0 1.0 cup, shredded 65	09413	Pears, raw, red anjou	126.0	1.0 small	67
32019 Lasagna, cheese, frozen, unprepared 237.0 1.0 cup 1 serving 66 09131 Grapes, american type (slip skin), raw 92.0 1.0 cup 66 21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 slice 66 36015 Restaurant, family style, chicken fingers, from kid's menu 114.0 1.0 serving 66 09026 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0 1.0 cup, halves 66 09334 Feijoa, raw 243.0 1.0 cup, pureed 66 11905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup 66 03055 Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 66 28322 Bagels, multigrain 81.0 1.0 piece bagel 65 1117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt 170.0 1.0 cup, shredded 65	11941	Pickles, cucumber, sour	155.0	1.0 cup	67
09131 Grapes, american type (slip skin), raw 92.0 1.0 cup 66 21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 slice 66 36015 Restaurant, family style, chicken fingers, from kid's menu 114.0 1.0 serving 66 09026 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0 1.0 cup, halves 66 09334 Feijoa, raw 243.0 1.0 cup, pureed 66 11905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup, pureed 66 03055 Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 66 28322 Bagels, multigrain 81.0 1.0 cup, shredded 65 11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt 170.0 1.0 cup, shredded 65	11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	67
21271 PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust 96.0 1.0 slice 66 36015 Restaurant, family style, chicken fingers, from kid's menu 114.0 1.0 serving 66 09026 Apricots, canned, light syrup pack, with skin, solids and liquids 253.0 1.0 cup, halves 66 09334 Feijoa, raw 243.0 1.0 cup, pureed 66 11905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup 66 03055 Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 66 28322 Bagels, multigrain 81.0 1.0 piece bagel 65 11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt 170.0 1.0 cup, shredded 65	32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	66
36015Restaurant, family style, chicken fingers, from kid's menu114.01.0 serving6609026Apricots, canned, light syrup pack, with skin, solids and liquids253.01.0 cup, halves6609334Feijoa, raw243.01.0 cup, pureed6611905Corn, sweet, white, canned, whole kernel, drained solids164.01.0 cup6603055Babyfood, dinner, beef with vegetables113.01.0 jar Beech-Nut Stage 2 (4 oz)6628322Bagels, multigrain81.01.0 piece bagel651117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt170.01.0 cup, shredded65	09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	66
Apricots, canned, light syrup pack, with skin, solids and liquids 566 667 668 669 669 669 669 669 6	21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	66
Feijoa, raw 243.0 1.0 cup, pureed 66 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup 66 Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 66 Bagels, multigrain 81.0 1.0 piece bagel 65 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt 170.0 1.0 cup, shredded 65	36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	66
11905 Corn, sweet, white, canned, whole kernel, drained solids 164.0 1.0 cup 66 03055 Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 66 28322 Bagels, multigrain 81.0 1.0 piece bagel 65 11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt 170.0 1.0 cup, shredded 65	09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	66
Babyfood, dinner, beef with vegetables 113.0 1.0 jar Beech-Nut Stage 2 (4 oz) 66 28322 Bagels, multigrain 81.0 1.0 piece bagel 65 11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt 170.0 1.0 cup, shredded 65	09334	Feijoa, raw	243.0	1.0 cup, pureed	66
28322 Bagels, multigrain 81.0 1.0 piece bagel 65 11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt 170.0 1.0 cup, shredded 65	11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	66
11117 Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt 170.0 1.0 cup, shredded 65	03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	66
	28322	Bagels, multigrain	81.0	1.0 piece bagel	65
11754 Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt 170.0 1.0 cup, shredded 65	11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	65
	11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	65

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	64
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	64
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	64
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	63
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	63
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	63
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & D	55.0	0.75 cup (1 NLEA serving)	63
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	63
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	63
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	63
09229	Papaya nectar, canned	250.0	1.0 cup	62
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	62
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	62
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	62
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	62
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	62
09252	Pears, raw	140.0	1.0 cup, slices	62
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	61
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	61
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	61
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	61
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	61
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	61
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	61
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	61
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	61
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	61
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	60
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	60
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	60
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	60
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	60
11975	Grape leaves, canned	4.0	1.0 leaf	59
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	59
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	59

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	59
11549	Tomato products, canned, sauce	245.0	1.0 cup	59
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	59
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	59
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	58
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	58
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	58
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	58
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	58
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	58
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	58
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	58
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	57
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	57
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	57
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	57
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	57
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	56
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	56
09278	Plantains, cooked	200.0	1.0 cup, mashed	56
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	56
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	55
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	55
09079	Cranberries, dried, sweetened	40.0	0.25 cup	55
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	55
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	55
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	55
20001	Amaranth grain, uncooked	193.0	1.0 cup	54
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	54
22971	Potato salad with egg	125.0	0.5 cup	54
19036	Snacks, popcorn, cakes	10.0	1.0 cake	54
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	54
11960	Carrots, baby, raw	15.0	1.0 large	54
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	54
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	54

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	53
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	53
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	53
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	53
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	53
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	53
09084	Currants, red and white, raw	112.0	1.0 cup	53
11292	Onions, young green, tops only	6.0	1.0 tbsp	51
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	51
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	51
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	51
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Dueberry Clusters	55.0	1.0 cup (1 NLEA serving)	51
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	51
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	51
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	51
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	50
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	50
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	50
18235	Crackers, whole-wheat	28.0	1.0 serving	50
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	50
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	50
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	50
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	50
20030	Hominy, canned, white	165.0	1.0 cup	50
09040	Bananas, raw	225.0	1.0 cup, mashed	50
09059	Breadfruit, raw	220.0	1.0 cup	48
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	48
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	48
03216	Babyfood, teething biscuits	28.35	1.0 oz	48
09094	Figs, dried, uncooked	149.0	1.0 cup	48
42316	Babyfood, carrots, toddler	28.35	1.0 oz	47
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	47
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	47
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	47
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	47

95708 Turkey, retail parts, breast, meat only, with added solution, raw 1171.0 1.0 breast 32006 Taquitos, fruzen, chicken and cheese, overs-heard 42.0 1.0 piece 8318 Bread, french or vienna, whole wheat 48.0 1.0 slice 1 serving 9095 Babyfood, banana with mixed berries, strained 99.0 1.0 burito 9808 Cereals ready-to-eat, KELLOGG, KELLOGG SALL-BRAN COMPLETE Wheat Flakes 29.0 0.75 cup (1 NLEA serving) 99181 Melons, cantaloupe, raw 170.0 1.0 cup, balls 43100 Breakfast bars, oats, sugar, raisins, cocoaut (include granola bar) 43.0 1.0 cup 41226 Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice 242.0 8.0 fl oz 9184 Melons, honeydew, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 98132 Cereals, oats, instant, fortified, with raisins and spice, dry 44.0 1.0 cup, diced (approx 20 pieces per cup) 98140 Beverages, cranberry-apple juice drink, low calorie, with vitamin C added 254.0 1.0 cup, disc 3202 Appl. EBEES, crunchy onion rings 350.0 1.0 cup (8 fl oz)	47 47 47 47 46
28318 Bread, french or vienna, whole wheat 48.0 1.0 slice 1 serving 03995 Babyfood, baanaa with mixed berries, strained 99.0 1.0 packet 22918 Burrito, bean and cheese, frozen 129.0 1.0 burrito 08028 Cereals ready-to-eat, KELLOGG, KELLOGGS ALL-BRAN COMPLETE Wheat Flakes 29.0 0.75 cup (1 NLEA serving) 08181 Melons, cantaloupe, raw 177.0 1.0 cup, balls 43100 Breakfast bars, oats, sugar, raisins, coconut (include granola bar) 43.0 1.0 cup, balls 43100 Breakfast bars, oats, sugar, raisins, coconut (include granola bar) 43.0 1.0 cup, died (approx 20 pieces per cup) 90184 Melons, honeydew, raw 170.0 1.0 cup, died (approx 20 pieces per cup) 90184 Melons, honeydew, raw 170.0 1.0 cup, died (approx 20 pieces per cup) 90182 Cereals, sats, instant, fortified, with raisins and spice, dry 44.0 1.0 cup, died (approx 20 pieces per cup) 90317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, del noz 9318 Deverages, cranberry-apple juice drink, low calorie, with vitamin C added 240.0 1.0 cup, de	47 47
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Babyfood, dinner, chicken soup, strained CAMPBELL'S CHUNKY, New England Clam Chowder Cereals ready-to-eat, POST Bran Flakes Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry Cereals, Quaker, Instant Oatmea, Raisin and Spice, dry Cereals, Quaker, Instant Oatmea, Raisin	46
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Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve 245.0 1.0 cup	44
Squash, winter, all varieties, raw 116.0 1.0 cup, cubes	44
09019 Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) 244.0	44
11943 Pimento, canned 12.0 1.0 tbsp	44
Pancakes, buckwheat, dry mix, incomplete 28.35	44
O6472 Soup, vegetable with beef broth, canned, prepared with equal volume water 241.0 1.0 cup (8 fl oz)	43
11762 Cauliflower, frozen, cooked, boiled, drained, with salt 180.0 1.0 cup (1" pieces)	43
Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces)	43
Soup, vegetable with beef broth, canned, condensed 123.0 0.5 cup	43

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	43
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	43
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	42
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	42
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	42
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	42
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	42
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	42
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	42
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	41
09002	Acerola juice, raw	242.0	1.0 cup	41
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	41
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	41
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	41
11945	Pickle relish, sweet	15.0	1.0 tbsp	41
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	41
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	41
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	40
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	40
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	40
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	40
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	40
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	40
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	40
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	40
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	40
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	40
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	40
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	40
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	40
09316	Strawberries, raw	152.0	1.0 cup, halves	40
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	40
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	40
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	39
20029	Couscous, cooked	157.0	1.0 cup, cooked	39

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	39
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	39
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	39
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	38
22911	Chili, no beans, canned entree	240.0	1.0 cup	38
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	38
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	38
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	38
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	38
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	38
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	38
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	38
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	38
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	38
09176	Mangos, raw	165.0	1.0 cup pieces	38
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	38
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	38
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	38
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	38
43144	Cabbage, mustard, salted	128.0	1.0 cup	37
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	37
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	37
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	37
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	37
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	37
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	37
09152	Lemon juice, raw	244.0	1.0 cup	37
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	37
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	36
19089	Ice creams, vanilla, rich	107.0	0.5 cup	36
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	36
09095	Figs, dried, stewed	259.0	1.0 cup	36
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	36
21202				
	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	36

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	35
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	35
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	35
03172	Babyfood, juice, orange	31.2	1.0 fl oz	35
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	35
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	35
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	35
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	35
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	35
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	35
21509	BURGER KING, Onion Rings	91.0	1.0 small	35
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	34
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	34
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	34
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	34
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	34
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	34
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	34
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	34
16008	Beans, baked, canned, with franks	259.0	1.0 cup	34
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	34
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	34
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	34
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	33
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	33
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	33
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	33
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	33
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	33
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	33
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	33
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	33
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	33
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	32
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	32

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	32
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	32
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	32
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	32
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	32
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	32
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	32
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	32
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	32
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	32
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	32
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	31
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	31
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	31
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	31
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	30
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	30
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	30
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	30
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	30
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	30
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	30
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	30
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	30
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	30
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	30
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	30
11209	Eggplant, raw	82.0	1.0 cup, cubes	30
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	29
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	29
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	29
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	29
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	29
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	28
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	28

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	28
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	28
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	28
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	28
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	28
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	28
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	28
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	28
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	28
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	28
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	28
18216	Crackers, crispbread, rye	14.2	0.5 oz	28
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	28
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	27
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	27
11935	Catsup	17.0	1.0 tbsp	27
11949	Catsup, low sodium	17.0	1.0 tbsp	27
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	27
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	27
18265	English muffins, wheat, toasted	28.35	1.0 oz	27
11965	Cauliflower, green, raw	64.0	1.0 cup	27
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	27
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	27
11109	Cabbage, raw	89.0	1.0 cup, chopped	27
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	27
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	27
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	27
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	27
11435	Rutabagas, raw	140.0	1.0 cup, cubes	27
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	26
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	26
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	26
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Dgurt	32.0	0.75 cup (1 NLEA serving)	26
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	26
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	26

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18264	English muffins, wheat	28.35	1.0 oz	26
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	26
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	26
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	26
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	26
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	26
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	26
18266	English muffins, whole-wheat	28.35	1.0 oz	26
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	26
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	26
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	26
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	26
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	26
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	26
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	25
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	25
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	25
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	25
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	25
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	25
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	25
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	25
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	25
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	25
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	25
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	25
21401	Fast foods, chicken tenders	30.0	1.0 strip	25
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	25
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	25
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	25
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	25
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	25
09128	Grapefruit juice, white, raw	247.0	1.0 cup	25
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	25
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	25

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	25
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	25
09149	Kumquats, raw	19.0	1.0 fruit without refuse	25
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	25
43109	Pretzels, soft	143.0	1.0 large	24
25024	Pretzels, soft, unsalted	143.0	1.0 large	24
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	24
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	24
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	24
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	24
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	24
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	24
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	24
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	23
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	23
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	23
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	23
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	23
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	23
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	23
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	23
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	23
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	23
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	23
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	22
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	22
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	22
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	22
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	22
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	22
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	22
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	22
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	22
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	22
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	22

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	22
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	22
18043	Bread, protein (includes gluten)	28.35	1.0 oz	22
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	22
11215	Garlic, raw	136.0	1.0 cup	22
18972	Bread, cheese	48.0	1.0 slice	22
18236	Cracker meal	28.35	1.0 oz	22
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	21
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	21
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	21
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	21
18040	Bread, oatmeal, toasted	28.35	1.0 oz	21
18239	Croissants, butter	28.35	1.0 oz	21
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	21
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	21
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	21
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	21
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	21
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	20
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	20
03215	Babyfood, pretzels	28.35	1.0 oz	20
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	20
18039	Bread, oatmeal	28.35	1.0 oz	20
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	20
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	20
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	20
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	20
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	20
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	20
18344	Rolls, dinner, egg	28.35	1.0 oz	20
18021	Bread, boston brown, canned	28.35	1.0 oz	20
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	20
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	20
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	20
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	20

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	20
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	20
09004	Apples, raw, without skin	110.0	1.0 cup slices	20
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	20
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	19
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	19
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	19
21238	McDONALD'S, french fries	71.0	1.0 small serving	19
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	19
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	19
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	19
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	19
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	19
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	19
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	19
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	19
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	19
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	19
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	19
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	19
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	19
12142	Nuts, pecans	109.0	1.0 cup, chopped	19
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	18
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	18
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	18
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	18
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	18
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	18
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	18
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	18
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	18
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	18
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	18
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	18
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	18

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	18
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	18
18147	Cheesecake commercially prepared	28.35	1.0 oz	18
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	17
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	17
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	17
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	17
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	17
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	17
21139	Fast foods, potato, mashed	242.0	1.0 cup	17
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	17
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	17
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	17
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	17
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	17
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	17
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	17
02034	Spices, poultry seasoning	1.5	1.0 tsp	17
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	16
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	16
18385	Bread, wheat germ, toasted	28.35	1.0 oz	16
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	16
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	16
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	16
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	16
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	16
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	16
18061	Bread, rye, toasted	28.35	1.0 oz	16
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	16
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	16
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	15
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	15
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	15
18060	Bread, rye	28.35	1.0 oz	15
18066	Bread, wheat bran	28.35	1.0 oz	15

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	15
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	15
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	15
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	15
06150	Sauce, barbecue	17.0	1.0 tbsp	15
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	15
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	15
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	15
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	15
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	15
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	15
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	15
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	15
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	15
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	15
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	15
18384	Bread, rice bran, toasted	28.35	1.0 oz	14
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	14
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	14
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	14
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	14
18065	Bread, wheat, toasted	28.35	1.0 oz	14
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	14
18349	Rolls, french	28.35	1.0 oz	14
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	14
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	14
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	14
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	14
18059	Bread, rice bran	28.35	1.0 oz	14
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	14
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	14
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	14
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	14
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	14
18360	Taco shells, baked	12.9	1.0 shell	14

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	14
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	14
18038	Bread, oat bran, toasted	28.35	1.0 oz	14
18033	Bread, italian	28.35	1.0 oz	14
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	14
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	14
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	14
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	14
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	14
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	13
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	13
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	13
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	13
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	13
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	13
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	13
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	13
02038	Spices, sage, ground	0.7	1.0 tsp	13
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	13
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	13
18037	Bread, oat bran	28.35	1.0 oz	13
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	13
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	13
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	13
18044	Bread, pumpernickel	28.35	1.0 oz	13
18028	Bread, egg, toasted	28.35	1.0 oz	13
19400	Snacks, banana chips	28.35	1.0 oz	13
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	13
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	13
18027	Bread, egg	28.35	1.0 oz	13
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	13
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	13
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	13
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	13
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	13

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	13
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	13
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	13
18047	Bread, raisin, enriched	28.35	1.0 oz	12
18064	Bread, wheat	28.35	1.0 oz	12
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	12
18345	Rolls, dinner, oat bran	28.35	1.0 oz	12
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	12
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	12
09326	Watermelon, raw	154.0	1.0 cup, balls	12
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	12
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	12
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	12
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	12
18241	Croissants, cheese	28.35	1.0 oz	12
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	12
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	12
12147	Nuts, pine nuts, dried	135.0	1.0 cup	12
02029	Spices, parsley, dried	0.5	1.0 tsp	12
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	12
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	12
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	12
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	12
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	12
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	12
18354	Strudel, apple	28.35	1.0 oz	12
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	12
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	12
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	12
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	12
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	12
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	12
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	12
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	12
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	12

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11429	Radishes, raw	116.0	1.0 cup slices	12
19303	Marmalade, orange	20.0	1.0 tbsp	12
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	12
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	12
18428	Crackers, wheat, low salt	14.2	0.5 oz	12
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	12
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	11
02023	Spices, marjoram, dried	0.6	1.0 tsp	11
02024	Spices, mustard seed, ground	2.0	1.0 tsp	11
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	11
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	11
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	11
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	11
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	11
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	11
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	11
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	11
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	11
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	11
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	11
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	11
18245	Danish pastry, cheese	28.35	1.0 oz	11
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	11
18963	Garlic bread, frozen	43.0	1.0 slice presliced	11
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	11
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	11
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	11
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	11
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	11
01040	Cheese, swiss	132.0	1.0 cup, diced	11
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	11
18220	Crackers, melba toast, plain	14.2	0.5 oz	11
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	10
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	10

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18191	Cookies, raisin, soft-type	28.35	1.0 oz	10
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	10
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	10
02030	Spices, pepper, black	2.3	1.0 tsp, ground	10
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	10
28292	Crackers, multigrain	14.0	4.0 crackers	10
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	10
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	10
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	10
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	10
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	10
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	10
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	10
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	10
19367	Toppings, nuts in syrup	328.0	1.0 cup	10
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	10
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	10
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	10
11156	Chives, raw	3.0	1.0 tbsp chopped	10
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	10
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	10
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	10
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	10
09062	Cherimoya, raw	160.0	1.0 cup, pieces	10
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	10
02005	Spices, caraway seed	2.1	1.0 tsp	10
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	9
02014	Spices, cumin seed	2.1	1.0 tsp, whole	9
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	9
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	9
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	9
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	9
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	9
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	9
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	9

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	9
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	9
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	9
18057	Bread, reduced-calorie, white	28.35	1.0 oz	9
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	9
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	9
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	9
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	9
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	9
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	9
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	9
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	9
19902	Chocolate, dark, 45-59% cacao solids	28.35	1.0 oz	9
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	9
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	9
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	9
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	9
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	9
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	9
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	9
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	9
19014	Snacks, fruit leather, rolls	21.0	1.0 large	9
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	8
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	8
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	8
02009	Spices, chili powder	2.7	1.0 tsp	8
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	8
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	8
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	8
06971	Sauce, worcestershire	17.0	1.0 tbsp	8
19312	Pie fillings, apple, canned	74.0	0.125 can	8
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	8
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	8
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	8

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	8
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	8
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	8
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	8
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	8
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	8
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	8
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	8
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	8
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	8
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	8
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	8
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	8
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	8
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	8
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	8
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	7
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	7
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	7
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	7
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	7
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	7
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	7
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	7
21268	TACO BELL, Nachos	80.0	1.0 serving	7
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	7
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	7
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	7
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	7
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	7
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	7
18967	Bread, white wheat	28.0	1.0 slice	7
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	7
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	7
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	7

20017 Corn flour, mass, unwerliched, white	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
83144 Balysfood, fruit, apple and blucherry, strained 28.35 1.0 oz 18249 Doughtusts, cake-type, plain, checolate-coated or frosted 28.35 1.0 oz 8710 Patez, cental parts, beat, meat only, raw 85.0 3.0 oz 11822 Prataces, flesh and skin, raw 75.0 0.5 cup, diced 21009 Past foods, biscuit, with sausage 111.0 1.0 in mean. 43323 Panches, plain, lose fait, dry, mix, incomplete (includes butternill) 410.0 0.33 cup, leaving 4355 Babyfood, juice, apple - cherry 31.2 1.0 in oz 93709 Babyfood, juice, apple - cherry 31.2 1.0 in oz 93719 Babyfood, juice, apple and plum 31.2 1.0 in oz 93710 Babyfood, juice, apple and plum 31.2 1.0 in oz 93710 Babyfood, juice, apple and plum 31.2 1.0 in oz 93721 Pic Crust, Cookie-type, Graham Crucker, Ready Crust 28.35 1.0 oz 93822 Babyfood, Juice, subtracted the seen, without ascerbic acid, juine 15.0 1.0 thsp 9322 Babyfood, descent, fruit desce	20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	7
1824 Doughnuts, cake-type, plain, chocolate-coated or fronted 28.35 3.0 oz 1875 Turkey, retail parts, breast, meat only, raw 88.0 3.0 oz 1876 Turkey, retail parts, breast, meat only, raw 75.0 0.5 cap, diced 2009 Fast foods, biscuit, with sausage 111.0 1.0 incm 28233 Pancakes, plain, low fat, dry mix, incomplete (includes butternilik) 41.0 0.33 cup 1 serving 28355 Baby food, juice, paple - cherry 31.2 1.0 fl oz 28376 Rabyfood, juice, paple - cherry 31.2 1.0 fl oz 28377 Rabyfood, juice, mixed fruit 28378 Babyfood, juice, paple and plum 31.2 1.0 fl oz 28379 Babyfood, juice, paple and plum 31.2 1.0 fl oz 28370 Babyfood, juice, paple and plum 31.2 1.0 fl oz 28370 Babyfood, juice, paple and plum 31.2 1.0 fl oz 28382 Per Cost, Cookie-type, Graham Cracker, Ready Crust 28.35 1.0 oz 28382 Babyfood, dessert, fruit dessert, without accordic acid, strained 15.0 1.0 flsp 28382 Babyfood, dessert, fruit dessert, without accordic acid, strained 15.0 1.0 flsp 28383 Cardies, slark chocolate coated coffee beans 1600 1.0 cup chapped 28384 Cardies, slark chocolate coated coffee beans 40.0 1.0 cup chapped 28385 Cardies, slark chocolate coated coffee beans 40.0 1.0 cup chapped 28386 Cardies, slark chocolate coated coffee beans 40.0 1.0 cup chapped 28386 Cardies, slark chocolate coated coffee beans 40.0 1.0 cup chapped 28387 Cortions, seasoned 14.2 0.5 oz 28390 Cortions, seasoned 14.2 0.5 oz 28390 Cortions, frozen, whole, cooked, boiled, drained, with stalt 210.0 1.0 cup 28390 Cortions, frozen, whole, cooked, boiled, drained, without salt 210.0 1.0 cup 28390 Cortions, frozen, whole, cooked, boiled, drained, without salt 210.0 1.0 cup 28391 Cortions, frozen, whole, cooked, boiled, drained, without salt 22.0 1.0 coatic 28391 Cortions, frozen, whole, cooked, boiled, drained, without	20017	Corn flour, masa, enriched, white	114.0	1.0 cup	7
05710 Turkey, retail parts, breast, meat only, raw 85.0 3.0 oc 11352 Potatoes, flesh and skin, raw 75.0 0.5 cm, diced 11999 Factools, bincuit, with assuase 111.0 0.10 tem 2823 Pancakes, plain, fow fat, dry mix, incomplete (includes butterniik) 41.0 0.33 cm pl. serving 38355 Babyfood, juice, apple - cherry 31.2 1.0 fb oc 0327 Babyfood, juice, privi punch, with calcium 31.2 1.0 fb oc 03170 Babyfood, juice, privi punch, with calcium 31.2 1.0 fb oc 03170 Babyfood, juice, privi panch, with calcium 31.2 1.0 fb oc 03170 Babyfood, juice, privi panch quit 31.2 1.0 fb oc 03170 Babyfood, descri, friti descert, without ascerbic acid, strained 31.2 1.0 fb oc 03236 Babyfood, descert, friti descert, without ascerbic acid, strained 15.0 1.0 tbp 1282 Onions, row 160.0 1.0 serving 28 pieces 2035 Sabyfood, descert, friti descert, without ascerbic acid, strained 160.0 1.0 serving 28 pieces 2036	03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	7
1352 Potators, flesh and skin, raw 75.0 0.5 cup, diced 21000 Fast foods, fiscialt, with sausage 411.0 0.10 ton 43323 Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk) 41.0 0.3 cup 1 serving 4335 Babyfood, juice, apple - cherry 31.2 1.0 rl o. 0376 Babyfood, juice, mixed fruit 31.2 1.0 rl o. 0317 Babyfood, juice, apple and plum 31.2 1.0 rl o. 1894 Pic Crust, Cookie-type, Graham Cracker, Ready Crust 28.35 1.0 o. 03236 Babyfood, dissert, fruit dessert, without accorbic acid, strained 15.0 1.0 tubs 03236 Babyfood, dessert, fruit dessert, without accorbic acid, strained 15.0 1.0 tubs 1282 Onious, raw 1600 1.0 cup, chopped 1283 Sup, ramen anorde, dry, any flavor, reduced oftime 40.0 1.1 serving 28 pieces 1294 Crustors, seamed 40.0 1.1 oct opt. 1897 Onious, frozen, whole, cooked, boiled, drained, with salt 210.0 1.0 cup 1898 Babyfood, dimeri, chicken mo	18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	7
2009 Fast foods, biscuit, with sausage 1110 1.0 item 28323 Pancakses, plain, low fat, dry mix, incomplete (includes buttermilk) 410 0.33 cay I serving 48355 Bahyfood, juice, apple - cherry 312 1.0 fl oz 03267 Bahyfood, juice, furit punch, with calcium 312 1.0 fl oz 03170 Bahyfood, juice, mixed fruit 312 1.0 fl oz 03170 Bahyfood, juice, apple and plun 312 1.0 fl oz 03236 Bahyfood, dissert, fruit dessert, without ascorbic acid, strained 150 1.0 tlb 03236 Bahyfood, dessert, fruit dessert, without ascorbic acid, spinor 150 1.0 cup, chopped 03236 Bahyfood, dessert, fruit dessert, without ascorbic acid, spinor 160 1.0 cup, chopped 03236 Bahyfood, dessert, fruit dessert, without ascorbic acid, spinor 160 1.0 cup, chopped 03236 Bahyfood, dessert, fruit dessert, without ascorbic acid, spinor 160 1.0 cup, chopped 03246 Bahyfood, dessert, fruit dessert, without ascorbic acid, spinor 160 1.0 cup, chopped 0325 Sup, canada, charles, charles, chockid, charles, ch	05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	7
28232 Pancakes, plain, low fat, thy mix, incomplete (includes butternilk) 410 0.33 cup 1 serving 43535 Babyfood, juice, apple - cherry 31.2 1.0 ft no 03179 Babyfood, juice, mixed fruit 31.2 1.0 ft no 03170 Babyfood, juice, apple and plum 31.2 1.0 ft no 03170 Babyfood, juice, apple and plum 31.2 1.0 no 03235 Babyfood, descert, fruit descert, without ascorbic acid, strained 15.0 1.0 thep 03235 Babyfood, descert, fruit descert, without ascorbic acid, strained 15.0 1.0 thep 03236 Babyfood, descert, fruit descert, without ascorbic acid, strained 15.0 1.0 thep 03236 Babyfood, descert, fruit descert, without ascorbic acid, strained 16.0 1.0 cup, chopped 11282 Onions, raw 160 1.1 serving 28 piece 12836 Soup, ramen noolle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 or dry thalf anothe block 03048 Babyfood, dimer, chicken noodle, strained 16.0 1.0 tay or nother, chicken noodle, strained 18247 Onions, frozen, whole, cooked, boiled, drained, withou	11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	7
43535 Babyfood, juice, rinti punch, with calcium 31.2 1.0 n or 03267 Babyfood, juice, finit punch, with calcium 31.2 1.0 n or 03179 Babyfood, juice, mixe finit punch, with calcium 31.2 1.0 n or 03170 Babyfood, juice, apple and plum 31.2 1.0 n or 18942 Pic Crust, Cookie-type, Graham Cracker, Ready Crust 28.35 1.0 or 03235 Babyfood, dessert, fruit dessert, without ascorbic acid, strained 15.0 1.0 tbsp 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, strained 15.0 1.0 cup. cloupped 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, strained 16.0 1.0 cup. cloupped 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, strained 40.0 1.0 cup. cloupped 03236 Babyfood, dinner, chicken coolde, strained 40.0 1.0 cup. cloupped 03336 Babyfood, dinner, chicken coolde, strained 40.0 1.1 oz crint (blub) 0348 Babyfood, dinner, chicken coolde, strained, without salt 210.0 1.0 cup. 0354 Babyfood, fortified cereal bar, fruit filling<	21009	Fast foods, biscuit, with sausage	111.0	1.0 item	7
03267 Babyfood, juice, fruit punch, with calcium 31.2 1.0 ft oz 03179 Babyfood, juice, mixed fruit 31.2 1.0 ft oz 03170 Babyfood, juice, mixed fruit 31.2 1.0 ft oz 03170 Babyfood, juice, apple and plum 32.3 1.0 oz 03235 Babyfood, juice, without ascorbic acid, strained 15.0 1.0 tbsp 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 tbsp 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 tbsp 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 tbsp 11282 Onions, raw 160.0 1.0 serving 28 pieces 02088 Candies, dark chocolate coated coffee beans 40.0 1.4 no zerving 28 pieces 03088 Babyfood, dinner, chicken noodle, strained 16.0 1.41 oz dry (half noodle block) 03088 Babyfood, foorities, resounced 14.2 0.5 oz 11807 Onions, frozen, whole, cooked, boiled, drained, with salt 210.0 1.0 cup 0394	28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	7
03179 Babyfood, juice, mixed fruit 31.2 1.0 fl oz 03170 Babyfood, juice, apple and plum 31.2 1.0 fl oz 18942 Pie Crust, Cookie-type, Graham Cracker, Rendy Crust 28.83 1.0 oz 03235 Babyfood, dessert, fruit dessert, without ascorbic acid, strained 15.0 1.0 tbsp 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 tbsp 1282 Onions, raw 160.0 1.0 cup, chopped 19268 Candies, dark chocolate coated coffee beans 40.0 1.41 oz dry (half noodle block) 19088 Babyfood, dimrer, chicken noodle, dry, any flavor, reduced far, reduced sodium 40.0 1.41 oz dry (half noodle block) 18243 Croutons, seasoned 16.0 0 1.0 tbsp 18243 Croutons, seasoned 14.2 0.5 oz 18269 Onions, frozen, whole, cooked, boiled, drained, with salt 210.0 1.0 cup 19290 Onions, frozen, whole, cooked, boiled, drained, without salt 210.0 1.0 serving 28349 Cox content fruit filling 190 1.0 serving	43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	7
03170 Babyfood, juice, apple and plum 31.2 1.0 floz 18942 Pic Crust, Cookie-type, Graham Crucker, Ready Crust 28.35 1.0 oz 03235 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 thsp 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 tup, chopped 11282 Onions, raw 1600 1.0 serving 28 pieces 19268 Candies, dark chocolate coated coffee beans 40.0 1.41 oz dry (half noodle block) 93086 Babyfood, dirner, chicken noodle, strained 16.0 1.41 oz dry (half noodle block) 93086 Babyfood, dirner, chicken noodle, strained 16.0 1.41 oz dry (half noodle block) 18874 Croutons, seasoned 14.2 0.5 oz 18875 Croutons, seasoned 14.2 0.5 oz 18807 Onions, frozen, whole, cooked, boiled, drained, with salt 210.0 1.0 cup 11990 Onions, frozen, whole, cooked, boiled, drained, without salt 210.0 1.0 serving 07955 Turkey sausage, fresh, cooked 57.0 1.0 serving <td< td=""><td>03267</td><td>Babyfood, juice, fruit punch, with calcium</td><td>31.2</td><td>1.0 fl oz</td><td>7</td></td<>	03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	7
18942 Pic Crust, Cookie-type, Grāham Cracker, Ready Crust 15.0 1.0 tbsp 19235 Babyfood, dessert, fruit dessert, without ascorbic acid, strained 15.0 1.0 tbsp 19236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 tbsp 1924 Onions, raw 1600 1.0 cupt, chopped 19268 Candies, dark chocolate coated coffee beans 40.0 1.0 serving 28 pieces 19268 Candies, dark chocolate coated coffee beans 40.0 1.41 oz dry (half moodle block) 19268 Babyfood, dinner, chicken noodle, strained 40.0 1.41 oz dry (half moodle block) 19268 Babyfood, dinner, chicken noodle, strained 40.0 1.0 tbsp 18243 Croutons, seasoned 14.2 0.5 oz 1887 Onions, frozen, whole, cooked, boiled, drained, with salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 12910 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 12910 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 12910 Onions, frozen, whole, cooked, boiled, drained, without sa	03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	7
03235 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 tbsp 03236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 tbsp 11282 Onions, raw 160.0 1.0 cup, chopped 19268 Candies, dark chocolate coated coffee beans 40.0 1.1 or dry (half noodle block) 29088 Babyfood, dinner, chicken noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 39088 Babyfood, dinner, chicken noodle, strained 16.0 2.0 to the dry of the control of the properties of the pro	03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	7
03236 Babyfood, dessert, fruit dessert, without ascorbic acid, junior 15.0 1.0 tbsp 11282 Onions, raw 160.0 1.0 cup, chopped 19268 Candies, dark chocolate coated coffee beans 40.0 1.3 evring 28 pieces 27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 93068 Babyfood, dinner, chicken noodle, strained 16.0 1.0 tbsp 18243 Croutons, seasoned 14.2 0.5 oz 11807 Onions, frozen, whole, cooked, boiled, drained, with salt 210.0 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 210.0 1.0 cup 03964 Babyfood, fortified cereal bar, fruit filling 19.0 1.0 bar 07958 Turkey sausage, fresh, cooked 57.0 1.0 serving 07955 Turkey sausage, fresh, raw 57.0 1.0 serving 2849 Cookies, oatmeal, reduced fat 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared,	18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	7
11282 Onions, raw 160.0 1.0 cup, chopped 19268 Candies, dark chocolate coated coffee beans 40.0 1.0 serving 28 pieces 27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 30368 Babyfood, dinner, chicken noodle, strained 16.0 1.0 tbsp 18243 Croutons, seasoned 14.2 0.5 oz 11807 Onions, frozen, whole, cooked, boiled, drained, with salt 210.0 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 210.0 1.0 bar 07954 Babyfood, fortified cereal bar, fruit filling 19.0 1.0 bar 07955 Turkey sausage, fresh, cooked 57.0 1.0 serving 07955 Turkey sausage, fresh, raw 57.0 1.0 serving 28349 Cookies, oatmeal, reduced fat 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 60653 Soup, cream of potato, canned, condensed	03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	6
19268 Candies, dark chocolate coated coffee beans 40.0 1.0 serving 28 pieces 27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 93068 Babyfood, dinner, chicken noodle, strained 16.0 1.0 tbsp 18243 Croutons, seasoned 14.2 0.5 oz 11807 Onions, frozen, whole, cooked, boiled, drained, with salt 210.0 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 210.0 1.0 cup 9364 Babyfood, fortified cereal bar, fruit filling 19.0 1.0 bar 07958 Turkey sausage, fresh, cooked 57.0 1.0 serving 07955 Turkey sausage, fresh, raw 57.0 1.0 serving 07955 Turkey sausage, fresh, raw 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 96053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cormueal, whole-grain, white	03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	6
27035 Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium 40.0 1.41 oz dry (half noodle block) 03068 Babyfood, dinner, chicken noodle, strained 16.0 1.0 tbsp 18243 Croutons, seasoned 14.2 0.5 oz 11807 Onions, frozen, whole, cooked, boiled, drained, with salt 210.0 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 210.0 1.0 cup 03964 Babyfood, fortified cereal bar, fruit filling 19.0 1.0 serving 07958 Turkey sausage, fresh, cooked 57.0 1.0 serving 07955 Turkey sausage, fresh, raw 57.0 1.0 serving 28349 Cookies, oatmeal, reduced fat 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cormeal, whole-grain, white 122.0 1.0 cup 03133 Babyfood, fruit, pears, junior 16.0	11282	Onions, raw	160.0	1.0 cup, chopped	6
03068 Babyfood, dinner, chicken noodle, strained 16.0 1.0 tbsp 18243 Croutons, seasoned 14.2 0.5 oz 11807 Onions, frozen, whole, cooked, boiled, drained, with salt 210.0 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 210.0 1.0 cup 03964 Babyfood, fortified cereal bar, fruit filling 19.0 1.0 bar 07958 Turkey sausage, fresh, cooked 57.0 1.0 serving 07955 Turkey sausage, fresh, raw 57.0 1.0 serving 28349 Cookies, oatmeal, reduced fat 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 03133 Babyfood, fruit, pears, junior 16.0 1.0 tbsp 03082 Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 <t< td=""><td>19268</td><td>Candies, dark chocolate coated coffee beans</td><td>40.0</td><td>1.0 serving 28 pieces</td><td>6</td></t<>	19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	6
18243 Croutons, seasoned 14.2 0.5 oz 11807 Onions, frozen, whole, cooked, boiled, drained, with salt 210.0 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 210.0 1.0 cup 03964 Babyfood, fortified cereal bar, fruit filling 19.0 1.0 bar 07958 Turkey sausage, fresh, cooked 57.0 1.0 serving 07955 Turkey sausage, fresh, raw 57.0 1.0 serving 28349 Cookies, oatmeal, reduced fat 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 03133 Babyfood, fruit, pears, junior 16.0 1.0 tbsp 03082 Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 1.0 fl oz	27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	6
11807 Onions, frozen, whole, cooked, boiled, drained, with salt 2100 1.0 cup 11290 Onions, frozen, whole, cooked, boiled, drained, without salt 2100 1.0 cup 03964 Babyfood, fortified cereal bar, fruit filling 19.0 1.0 bar 07958 Turkey sausage, fresh, cooked 57.0 1.0 serving 07955 Turkey sausage, fresh, raw 57.0 1.0 serving 28349 Cookies, oatmeal, reduced fat 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cormeal, whole-grain, white 122.0 1.0 cup 93133 Babyfood, fruit, pears, junior 16.0 1.0 tbsp 93082 Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 1.0 fl oz	03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	6
11290 Onions, frozen, whole, cooked, boiled, drained, without salt 210.0 1.0 cup 03964 Babyfood, fortified cereal bar, fruit filling 19.0 1.0 bar 07958 Turkey sausage, fresh, cooked 57.0 1.0 serving 07955 Turkey sausage, fresh, raw 57.0 1.0 serving 28349 Cookies, oatmeal, reduced fat 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 03133 Babyfood, fruit, pears, junior 16.0 1.0 tbsp 03082 Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 1.0 fl oz	18243	Croutons, seasoned	14.2	0.5 oz	6
03964 Babyfood, fortified cereal bar, fruit filling 19.0 1.0 bar 07958 Turkey sausage, fresh, cooked 57.0 1.0 serving 07955 Turkey sausage, fresh, raw 57.0 1.0 serving 28349 Cookies, oatmeal, reduced fat 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 03133 Babyfood, fruit, pears, junior 16.0 1.0 tbsp 03082 Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 1.0 fl oz	11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	6
07958 Turkey sausage, fresh, cooked 57.0 1.0 serving 07955 Turkey sausage, fresh, raw 57.0 1.0 serving 28349 Cookies, oatmeal, reduced fat 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 03133 Babyfood, fruit, pears, junior 16.0 1.0 tbsp 03082 Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 1.0 fl oz	11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	6
07955 Turkey sausage, fresh, raw 57.0 1.0 serving 28349 Cookies, oatmeal, reduced fat 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 03133 Babyfood, fruit, pears, junior 16.0 1.0 tbsp 03082 Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 1.0 fl oz	03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	6
28349 Cookies, oatmeal, reduced fat 25.0 1.0 cookie 12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 03133 Babyfood, fruit, pears, junior 16.0 1.0 tbsp 03082 Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 1.0 fl oz	07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	6
12087 Nuts, cashew nuts, raw 28.35 1.0 oz 18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 03133 Babyfood, fruit, pears, junior 16.0 1.0 tbsp 03082 Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 1.0 fl oz	07955	Turkey sausage, fresh, raw	57.0	1.0 serving	6
18155 Cookies, butter, commercially prepared, enriched 28.35 1.0 oz 06053 Soup, cream of potato, canned, condensed 124.0 0.5 cup 20320 Cornmeal, whole-grain, white 122.0 1.0 cup 03133 Babyfood, fruit, pears, junior 16.0 1.0 tbsp 03082 Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 1.0 fl oz	28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	6
06053Soup, cream of potato, canned, condensed124.00.5 cup20320Cornmeal, whole-grain, white122.01.0 cup03133Babyfood, fruit, pears, junior16.01.0 tbsp03082Babyfood, dinner, turkey and rice, strained16.01.0 tbsp14187Beverages, Clam and tomato juice, canned30.21.0 fl oz	12087	Nuts, cashew nuts, raw	28.35	1.0 oz	6
20320Cornmeal, whole-grain, white122.01.0 cup03133Babyfood, fruit, pears, junior16.01.0 tbsp03082Babyfood, dinner, turkey and rice, strained16.01.0 tbsp14187Beverages, Clam and tomato juice, canned30.21.0 fl oz	18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	6
Babyfood, fruit, pears, junior 16.0 1.0 tbsp Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 1.0 fl oz	06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	6
Babyfood, dinner, turkey and rice, strained 16.0 1.0 tbsp 14187 Beverages, Clam and tomato juice, canned 30.2 1.0 fl oz	20320	Cornmeal, whole-grain, white	122.0	1.0 cup	6
Beverages, Clam and tomato juice, canned 30.2	03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	6
	03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	6
01285 Yogurt, Greek, strawberry, nonfat 150.0 1.0 container (5.3 oz)	14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	6
	01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	6
19126 Candies, milk chocolate coated peanuts 149.0	19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	6

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	6
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	6
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	6
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	6
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	6
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	6
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	6
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	6
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	6
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	6
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	6
20316	Corn flour, whole-grain, white	117.0	1.0 cup	6
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	6
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	6
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	6
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	6
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	6
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	6
02010	Spices, cinnamon, ground	2.6	1.0 tsp	6
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	6
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	6
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	6
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	6
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	6
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	6
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	6
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	6
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	6
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	6
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	6
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	6
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	6
09421	Dates, medjool	24.0	1.0 date, pitted	6
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	5
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	5

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18971	Bread, potato	32.0	1.0 slice	5
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	5
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	5
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	5
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	5
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	5
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	5
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	5
19081	Candies, sweet chocolate	28.35	1.0 oz	5
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	5
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	5
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	5
03166	Babyfood, juice, apple	31.7	1.0 fl oz	5
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	5
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	5
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	5
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	5
06167	Sauce, homemade, white, thick	250.0	1.0 cup	5
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	5
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	5
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	5
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	5
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	5
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	5
01239	Ice cream cookie sandwich	82.0	1.0 serving	5
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	5
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	5
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5
18434	Crackers, cheese, low sodium	14.2	0.5 oz	5
18214	Crackers, cheese, regular	14.2	0.5 oz	5
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	5
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	5
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	5
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	5

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	5
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	5
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	5
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	5
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	5
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	5
19300	Jellies	21.0	1.0 serving 1 tbsp	5
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	5
25027	Snacks, plantain chips, salted	28.35	1.0 oz	5
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	5
03217	Zwieback	28.35	1.0 oz	5
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	4
28348	Rolls, dinner, sweet	30.0	1.0 roll	4
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	4
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	4
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	4
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	4
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	4
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	4
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	4
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	4
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	4
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	4
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	4
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	4
18323	Pie, peach	28.35	1.0 oz	4
25037	Snacks, pita chips, salted	28.35	1.0 oz	4
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	4
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	4
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	4
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	4
01238	Ice cream sandwich	70.0	1.0 serving	4
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	4
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	4
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	4

2008 I When floor, white, cake, carded 137.0 LO cap unified, dipped 14242 C Crotherry juice creak at, brothed 31.6 1.10 how 1815 Biscutis, plain or buttermilk, refrigerenced dough, higher fat, baked 51.0 1.20 feets 31023 Sweet Plantones, frunch fired, frozen as prachaged, salt added in processing 51.0 1.20 feets 31041 Salt decising, mayonaties, light 15.0 1.0 toles; 01410 Salt decising, mayonaties, light 15.0 1.0 toles; 14708 Mayonates, reduced fat, with after of 1 15.0 1.0 toles; 14815 Cookies, peamb batter, commercially prepared, regular 28.35 1.0 oz 1822 C eccream conses, sugar, tolled-type 28.35 1.0 oz 1842 C Statis, hoped clips, plain 28.35 1.0 tole 1849 Palley, decocate, acturated, with humanus, dry 2.5 1.0 tole 1849 Palley, decoclast, decolars, dry mix, instant 99.0 1.0 package 35 oz 1849 Palley, decoclast, dry mix, instant 98.0 1.0 package 35 oz 1840 Palley, decoclast, dry mix, instant 99.0 1.0 package 35 oz 1840 Palley, decoclast, dry mix, instant	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19015 Biscuits, plain or bettermilk, retrigerated dough, higher fat, baked 51.0 1.0 biscuit 31023 Sweet Pottones, french fried, frozen as packaged, salt added in processing 51.0 12.0 fries 91818 Balybrode, cercal, barley, fry fortified 24.4 1.0 thep 01641 Saltad dressing, mayonanise, light 15.0 1.0 tablespoon 18728 Mayonanise, reduced fat, with offer coll 28.35 1.0 or 18822 be cream-conness, segar, robled type 28.35 1.0 or 18922 be cream-conness, segar, robled type 28.35 1.0 or 2046 Smakes, baged chips, plain 28.35 1.0 or 2048 Swades, baged chips, plain 28.35 1.0 or 2049 Swades, baged chips, plain 99.0 1.0 packages, document, dry mis, instant 1.0 packages, document, dry mis, document, dr	20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	4
31023 Sweet Potatoes, french fried, frozen as packaged, salt added in processing 510 12.0 fries 03184 Babyfood, ceeral, baricy, dry fortified 2.4 1.0 thosp 04164 Salad dressing, responsible, the commercially prepared, regular 150 1.0 tablespoon 04708 Mayonaniae, reduced fait, with drive oil 150 1.0 tablespoon 93827 Cocciolac, pearur butter, commercially prepared, regular 28.35 1.0 oz 2846 Stocks, bagel chips, plain 28.35 1.0 oz 19184 Puddings, chocalact, dry mix, instant 950 1.0 package (3.5 oz) 19184 Puddings, chocalact, dry mix, instant 950 1.0 package (3.5 oz) 19184 Puddings, chocalact, dry mix, instant 950 1.0 package (3.5 oz) 19184 Puddings, chocalact, dry mix, instant 950 1.0 package (3.5 oz) 19185 Rolls, hamburger or hot dog, whole wheat 560 1.0 red 3615 Restaurant, Tation, argun (unleavened commeal head) 980 0.5 up dry 913 Noulse, chimes, chocale word (work) wheat 190 0.0 thosp	14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	4
03311 Babyfood, cereal, burley, dry fortified 24 1.0 tablespoon 04641 Salad diversing, mayomaise, flight 15.0 1.0 tablespoon 04788 Mayomaise, refueed fat, with office of 15.0 1.0 tablespoon 18782 Cookies, peanut butler, commercially prepared, regular 28.35 1.0 oz 18722 See ream comes, sugar, rolled-type 28.35 1.0 oz 19848 Poddings, checolate, dry mix, instant 99.0 1.0 package (3.5 oz) 19849 Poddings, checolate, dry mix, instant 99.0 1.0 package (3.5 oz) 19840 Poddings, checolate, dry mix, instant 99.0 1.0 package (3.5 oz) 3813 Rolls, humburger or het ding, whole wheat 50.0 1.0 thap 4815 Noulles, chienes, chow mein 98.0 1.0 thap 4815 Raturant, Latino, urpe furdeavened commercial, regular 98.0 1.0 thap 4815 Noulles, chienes, chow mein 49.0 1.0 thap 4817 Shald dressing, peppercord dessing, commercial, regular 31.0 1.0 thap 2123 Chee, dy white, queue see	18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	4
04411 Salad dressing, mayonnaise, light 15.0 1.0 tablespoon 04708 Mayonnaise, reduced fat, with olive coll 15.0 1.0 table 1818 Cookes, peamed butter, commercially prepared, regular 28.35 1.0 oz 1827 be cream comes, sugar, rolled-type 28.35 1.0 oz 25046 Snacks, baged chips, plain 28.35 1.0 oz 1918 Padings, chocolae, dry mis, instant 99.0 1.0 package 55.50 3019 Babyfood, cereal, cutneal, with banamas dry 2.5 1.0 tbsp 28313 Rolls, hamburger orbot dog, whole wheat 56.0 1.0 roll 4415 Restauran, Latino, areps (unleavened commeal bread) 98.0 1.0 pice 20113 Nocolles, chimese, chow mein 98.0 1.0 pice 2013 Nocolles, chimese, chow mein 98.0 1.0 pice 4854 Restauran, Latino, areps (unleavened commeal bread) 150 1.0 tbp 4854 Chinaron buts, frosted (includes honey buts) 36.0 3.0 pices streng 4854 Chinaron buts, frosted (includes honey buts) 30.0 <t< td=""><td>31023</td><td>Sweet Potatoes, french fried, frozen as packaged, salt added in processing</td><td>51.0</td><td>12.0 fries</td><td>4</td></t<>	31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	4
64708 Mayounsise, reduced fat, with olive oil 1.0 tosp 18185 Cookies, peanut butter, commercially prepared, regular 28.35 1.0 oz 18222 Ice cream cones, sugar, rolled-lype 28.35 1.0 oz 25046 Snacks, bagel chips, plain 28.35 1.0 oz 19184 Paddings, chocolate, chyr mis, instant 99.0 1.0 package (35.50) 30190 BabyCook, cereal, catmeal, with bannas, dry 2.5 1.0 tosp 3813 Rolls, hamburger or hot dog, whole wheat 56.0 1.0 roll 3615 Restaurant, Latino, arepa (unleavened commeal bread) 98.0 0.10 pice 3013 Noodles, finises, chow mein 28.0 0.5 cup dry 3659 Restaurant, Latino, arepa (unleavened commeal bread) 98.0 0.0 cup dry 3619 Noodles, finises, chow mein 28.0 0.5 cup dry 3629 Past Cooks shrimp, breaded and fried 30.0 3.0 pices shrimp 3620 Chanamon huns, frosted (includes honey huns) 13.0 1.0 cup 3621 Cheese, dry white, queso sec 97.0 1.1 cup and	03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	4
18185 Cookies, peanut buter, commercially prepared, regular 28.35 1.0 oz 18272 Ice cream cones, sugar, rolled-type 28.35 1.0 oz 2846 Snacks, bagel chips, plain 28.35 1.0 oz 19184 Poddings, chocolate, chy mix, instant 99.0 1.0 package (3.5 oz) 03190 Babyfood, cercal, oatmeal, with bananas, dry 2.5 1.0 thsp 28313 Rolls, humburger or hot dog, whole wheat 56.0 1.0 roll 28415 Restaurant, Latino, areps (unleavened commeal bread) 98.0 1.0 proce 20113 Noodles, chinoses, chow mein 28.0 0.5 cup dry 48545 Restaurant, Latino, areps (unleavened commeal bread) 98.0 1.0 proce 20113 Noodles, chinoses, chow mein 28.0 0.5 cup dry 4839 Salad dressing, blue or roopeefort cheen dressing, commercial, regular 15.0 1.0 bap 18964 Cimamon buns, flosted (includes honey buns) 65.0 1.0 bun 18975 Fast foods, shrimp, kreaded and fried 30.0 3.0 piccus dry 18964 Cimamon buns, flosted (includes h	04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	4
1872 Ke cream cones, sugar, rolled-type 28.35 1.0 oz 25046 Saacks, bagel chips, plain 28.35 1.0 oz 9184 Puddings, chocolate, dry mix, instant 99.0 1.0 package (3.5 oz) 0319 Babyfood, cereal, outmeal, with banans, dry 2.5 1.0 tbp 28313 Rolls, hamburger or hot dog, whole wheat 56.0 1.0 roll 36415 Restaurant, Latino, urepa (unleavened cornmeal bread) 98.0 0.5 cup dry 0453 Solad dressing, blue or roquefort cheese dressing, commercial, regular 15.0 0.0 cup dry 0453 Salad dressing, blue or roquefort cheese dressing, commercial, regular 15.0 0.0 cup dry 0459 Salad dressing, blue or roquefort cheese dressing, commercial, regular 30.0 3.0 picces shrimp 1894 Cinnamon buns, frosted funcludes honey buns) 65.0 1.0 bun 1895 Salad dressing, bepercord dressing, commercial, regular 30.0 3.0 picces shrimp 1802 Cheese, dry white, queso seco 97.0 1.0 cup grated 1802 Cheese, dry white, queso seco 97.0 0.10 cup grate	04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	4
25/46 Snacks, bagel chips, plain 28.35 1.0 oz 19184 Pubdings, chocolate, dry mix, instant 99.0 1.0 package (3.5 oz) 03190 Babyfood, cereal, catmeal, with banans, dry 25 1.0 thosp 38313 Rolls, hamburger on tor dog, whole wheat 56.0 1.0 roll 36415 Restaurant, Latino, areps (unleavened commeal bread) 98.0 1.0 price 20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 4539 Salad dressing, blue or roquefort cheese dressing, commercial, regular 15.0 1.0 thosp 4539 Salad dressing, blue or roquefort cheese dressing, commercial, regular 39.0 3.0 pieces shrimp 42137 Salad dressing, pepercom dressing, commercial, regular 31.4 1.0 cup grate 42137 Salad dressing, pepercom dressing, commercial, regular 31.4 1.0 cup grate 42137 Cheese, dry white, queso seco 97.0 1.0 cup grate 42147 Cheese, dry white, queso seco 97.0 1.0 cup grate 42158 Sub, cimato rice, canned, condensed 129.0 0.5 cup d. cup grate <t< td=""><td>18185</td><td>Cookies, peanut butter, commercially prepared, regular</td><td>28.35</td><td>1.0 oz</td><td>4</td></t<>	18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	4
19184 Paddings, chocolate, dry mix, instant 990 1.0 package (3.5 or) 03190 Babyfood, cereal, oatmeal, with bananas, dry 2.5 1.0 thsp 28313 Rolls, hamburger or hot dog, whole wheat 560 1.0 ror 28313 Rolls, hamburger or hot dog, whole wheat 980 1.0 price 28113 Rosdies, chinese, chow mein 280 0.5 cup dry 1934 Sladd dressing, blue or roquefort cheese dressing, commercial, regular 150 1.0 thsp 1894 Cimanon buns, frosted dicules knowy buns) 660 1.0 thsp 1895 Sald dressing, peppercorn dressing, commercial, regular 134 1.0 tup grate 1127 Cheese, dry white, queso seco 970 1.0 cup grate 1028 Sup, tomato rice, cannot, condensed 160 1.0 ung 1029 Grees, dry white, queso seco 970 1.0 cup grate 1020 Ce cream cone, chocolate covered, with nuts, flavors other than chocolate 60 1.0 ung 1021 Grees, muscadine, raw 95 0.33 package (10 oz 1031 Opings, strawberry 95 <td>18272</td> <td>Ice cream cones, sugar, rolled-type</td> <td>28.35</td> <td>1.0 oz</td> <td>4</td>	18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	4
03190 Babyfood, cereal, oatmeal, with bananas, dry 2.5 1.0 tbsp 28313 Rolls, hamburger or hot dog, whole wheat 56.0 1.0 roll 36415 Restaurant, Latino, arepa (unleavende commeal bread) 28.0 0.5 cup dry 0453 Salad dressing, blue or roquefort cheese dressing, commercial, regular 15.0 1.0 tbsp 1864 Cimamon buns, frosted (includes honey buns) 65.0 3.0 pieces strimp 2109 Past foods, shrimp, breaded and fried 39.0 3.0 pieces strimp 42137 Salad dressing, peppercorn dressing, commercial, regular 134 1.0 tbsp 42137 Salad dressing, peppercorn dressing, commercial, regular 134 1.0 upg mad 40227 Cheese, dry white, queso seco 97.0 1.0 upg gract 6063 Soup, tomato rice, canned, condensed 129.0 0.5 cup (4 fl oz) 11249 Greecen, chycoclate covered, with nuts, flavors other than chocolate 96.0 1.0 upg 11289 Onions, frozen, whole, uprepard 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 2.0 tbsp	25046	Snacks, bagel chips, plain	28.35	1.0 oz	4
28313 Rolls, hamburger or hot dog, whole wheat 56.0 1.0 roll 36415 Restaurant, Latino, arepa (unleavened commeal bread) 98.0 1.0 piece 20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 04539 Salad dressing, blue or roquefort cheese dressing, commercial, regular 15.0 1.0 bun 21059 Fast foods, shrimp, breaded and fried 39.0 3.0 pieces shrimp 21079 Fast foods, shrimp, breaded and fried 39.0 3.0 pieces shrimp 21071 Salad dressing, peppercom dressing, commercial, regular 13.4 1.0 tbsp 21272 Cheese, dry white, queso seco 97.0 1.0 cup grated 20624 Ce cean cone, chocolate covered, with nuts, flavors other than chocolate 96.0 1.0 cup grated 20724 Ce ceam cone, chocolate covered, with nuts, flavors other than chocolate 96.0 1.0 grape 2084 Grapes, muscadine, raw 96.0 1.0 grape 1289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 2091 Sup, clam chowder, new england, canned, condensed 126.0 0.5 cup	19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	4
36415 Restaurant, Latino, arepa (unleavened comment) bread) 98.0 1.0 piece 20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 04539 Salad dressing, blue or roquefort chees dressing, commercial, regular 15.0 1.0 bus 18964 Cinnamon buns, frosted (includes honey buns) 65.0 1.0 bun 21079 Fast foods, shrimp, breaded and fried 39.0 3.0 pieces shrimp 42137 Salad dressing, peppercorn dressing, commercial, regular 13.4 1.0 tusp 01227 Cheese, dry white, queso seco 97.0 1.0 cup grated 0663 Soup, tomato rice, canned, condensed 129.0 0.5 cup (41 oz) 01240 Lee ream cone, chocolate covered, with nuts, flavors other than chocolate 96.0 1.0 unit 01290 Grapes, muscadine, raw 6.0 1.0 grape 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 2.0 tbsp 06030 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 14341 Beverages,	03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	4
20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 04539 Salad dressing, blue or roquefort cheese dressing, commercial, regular 15.0 1.0 tbsp 18964 Cimanno buns, frosted (includes honey buns) 65.0 1.0 bun 21059 Fast foods, shrimp, breaded and fried 39.0 3.0 pieces shrimp 42137 Salad dressing, peppercorn dressing, commercial, regular 13.4 1.0 tbsp 10227 Cheese, dry white, queso seco 97.0 1.0 cup grade 0603 Soup, tomato rice, canned, condensed 129.0 0.5 cup (4 fl oz) 01240 Ice cream cone, chocolate covered, with nuts, flavors other than chocolate 96.0 1.0 unit 09129 Grapes, muscadine, raw 6.0 1.0 grape 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 0.5 cup 0603 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 19137 Toppings, strawberry 42.0 0.5 cup 1825 Potatoes, russet, flesh and skin, raw	28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	4
04539 Salad dressing, blue or roquefort cheese dressing, commercial, regular 15.0 1.0 tbsp 18964 Cinnamon buns, frosted (includes honey buns) 65.0 1.0 bun 21059 Fast foods, shrimp, breaded and fried 39.0 3.0 pieces shrimp 42137 Salad dressing, peppercorn dressing, commercial, regular 13.4 1.0 tbsp 01227 Cheese, dry white, queso seco 97.0 1.0 cup grated 06063 Soup, tomato rice, canned, condensed 129.0 0.5 cup (4 ft oz) 01240 Ice cream cone, chocolate covered, with nus, flavors other than chocolate 96.0 1.0 unit 01240 Ice cream cone, chocolate covered, with nus, flavors other than chocolate 96.0 1.0 grape 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 2.0 tbsp 06030 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 11331 Potatoes, russet, flesh and skin, raw 75.0 0.5 cup, diced 43007 Babyfood, fruit, uttif rutti, junior 15.0 1.0 tbsp	36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	4
18964 Cinnamon buns, frosted (includes honey buns) 65.0 1.0 bun 21059 Fast foods, shrimp, breaded and fried 39.0 3.0 pieces shrimp 42137 Salad dressing, peppercorn dressing, commercial, regular 13.4 1.0 tbsp 01227 Cheese, dry white, queso seco 97.0 1.0 cup grated 06063 Soup, tomato rice, canned, condensed 129.0 0.5 cup (4 fl oz) 01240 Ice cream cone, chocolate covered, with nuts, flavors other than chocolate 96.0 1.0 unit 09129 Grapes, muscadine, raw 6.0 1.0 grape 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 0.33 package (10 oz) 19138 Toppings, strawberry 42.0 0.5 cup 10300 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 41341 Beverages, pincapple and orange juice drink, canned 31.3 1.0 fl oz 43007 Babyfood, fruit, tutti fruiti, junior 15.0 0.5 cup, diced 43007 Babyfood, fruit, tutti fruiti, ju	20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	4
21059 Fast foods, shrimp, breaded and fried 39.0 3.0 pieces shrimp 42137 Salad dressing, peppercorn dressing, commercial, regular 13.4 1.0 tubs 01227 Cheese, dry white, queso seco 97.0 1.0 cup grated 06063 Soup, tomato rice, canned, condensed 129.0 0.5 cup (4 fl oz) 01240 Ice cream cone, chocolate covered, with nuts, flavors other than chocolate 96.0 1.0 unit 09129 Grapes, muscadine, raw 6.0 1.0 grape 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 2.0 tbsp 0630 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 14341 Beverages, pineapple and orange juice drink, canned 31.3 1.0 fl oz 14342 Beverages, pineapple and orange juice drink, canned 31.3 0.5 cup, diced 43007 Babyfood, fruit, tutti fruiti, junior 15.0 0.5 cup, diced 3185 Babyfood, creal, mixed, dry fortified 2.5 1.0 tbsp 18139 Cake, white, pre	04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	4
42137 Salad dressing, peppercom dressing, commercial, regular 13.4 1.0 tbsp 01227 Cheese, dry white, queso seco 97.0 1.0 cup grated 06063 Soup, tomato rice, canned, condensed 129.0 0.5 cup (4 fl oz) 01240 Ice cream cone, chocolate covered, with nuts, flavors other than chocolate 96.0 1.0 unit 09129 Grapes, muscadine, raw 6.0 1.0 grape 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 2.0 tbsp 06030 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 14341 Beverages, pineapple and orange juice drink, canned 31.3 1.0 fl oz 14342 Beverages, pineapple and orange juice drink, canned 31.3 0.5 cup, diced 43007 Babyfood, fruit, tutti frutti, junior 15.0 0.5 cup, diced 43007 Babyfood, fruit, tutti frutti, junior 2.5 1.0 tbsp 3185 Babyfood, creal, mixed, dry fortified 2.5 1.0 tbsp 18139 Cake, white, prepared from recipe without frosting 74.0 1.0 picce (1/12 of 9" dia) </td <td>18964</td> <td>Cinnamon buns, frosted (includes honey buns)</td> <td>65.0</td> <td>1.0 bun</td> <td>4</td>	18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	4
01227 Cheese, dry white, queso seco 97.0 1.0 cup grated 06063 Soup, tomato rice, canned, condensed 129.0 0.5 cup (4 fl oz) 01240 Ice cream cone, chocolate covered, with nuts, flavors other than chocolate 96.0 1.0 unit 09129 Grapes, muscadine, raw 6.0 1.0 grape 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 2.0 tbsp 06030 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 14341 Beverages, pineapple and orange juice drink, canned 31.3 1.0 fl oz 11353 Potatoes, russet, flesh and skin, raw 75.0 0.5 cup, diced 43007 Babyfood, fruit, tutti frutti, junior 15.0 1.0 tbsp 03185 Babyfood, cereal, mixed, dry fortified 2.5 1.0 tbsp 18139 Cake, white, prepared from recipe without frosting 74.0 1.0 piece (1/12 of 9" dia) 19125 Chocolate-flavored hazelnut spread 37.0 1.0 serving 2 TBSP 18030 Bread, french or vienna	21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	4
06063 Soup, tomato rice, canned, condensed 129,0 0.5 cup (4 fl oz) 01240 Ice cream cone, chocolate covered, with nuts, flavors other than chocolate 96,0 1.0 unit 09129 Grapes, muscadine, raw 6.0 1.0 grape 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 2.0 tbsp 06030 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 14341 Beverages, pineapple and orange juice drink, canned 31.3 1.0 fl oz 11353 Potatoes, russet, flesh and skin, raw 75.0 0.5 cup, diced 43007 Babyfood, fruit, tutti frutti, junior 15.0 1.0 tbsp 03185 Babyfood, cereal, mixed, dry fortified 2.5 1.0 tbsp 18139 Cake, white, prepared from recipe without frosting 74.0 1.0 piece (1/12 of 9" dia) 19125 Chocolate-flavored hazelnut spread 37.0 1.0 serving 2 TBSP 18030 Bread, french or vienna, toasted (includes sourdough) 28.35 1.0 oz 18157 Cookie	42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	4
01240 Ice cream cone, chocolate covered, with nuts, flavors other than chocolate 96.0 1.0 unit 09129 Grapes, muscadine, raw 6.0 1.0 grape 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 2.0 tbsp 06030 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 14341 Beverages, pineapple and orange juice drink, canned 31.3 1.0 fl oz 11353 Potatoes, russet, flesh and skin, raw 75.0 0.5 cup, diced 43007 Babyfood, fruit, tutti frutti, junior 15.0 1.0 tbsp 03185 Babyfood, cereal, mixed, dry fortified 2.5 1.0 tbsp 18139 Cake, white, prepared from recipe without frosting 74.0 1.0 piece (1/12 of 9" dia) 19125 Chocolate-flavored hazelnut spread 37.0 1.0 serving 2 TBSP 18030 Bread, french or vienna, toasted (includes sourdough) 28.35 1.0 oz 18157 Cookies, chocolate wafers 28.35 1.0 oz	01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	4
09129 Grapes, muscadine, raw 6.0 1.0 grape 11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 2.0 tbsp 06030 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 14341 Beverages, pineapple and orange juice drink, canned 31.3 1.0 fl oz 11353 Potatoes, russet, flesh and skin, raw 75.0 0.5 cup, diced 43007 Babyfood, fruit, tutti frutti, junior 15.0 1.0 tbsp 03185 Babyfood, cereal, mixed, dry fortified 2.5 1.0 tbsp 18139 Cake, white, prepared from recipe without frosting 74.0 1.0 piece (1/12 of 9" dia) 19125 Chocolate-flavored hazelnut spread 37.0 1.0 serving 2 TBSP 18030 Bread, french or vienna, toasted (includes sourdough) 28.35 1.0 oz 18157 Cookies, chocolate wafers 28.35 1.0 oz	06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	4
11289 Onions, frozen, whole, unprepared 95.0 0.33 package (10 oz) 19137 Toppings, strawberry 42.0 2.0 tbsp 06030 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 14341 Beverages, pineapple and orange juice drink, canned 31.3 1.0 fl oz 11353 Potatoes, russet, flesh and skin, raw 75.0 0.5 cup, diced 43007 Babyfood, fruit, tutti frutti, junior 15.0 1.0 tbsp 03185 Babyfood, cereal, mixed, dry fortified 2.5 1.0 tbsp 18139 Cake, white, prepared from recipe without frosting 74.0 1.0 piece (1/12 of 9" dia) 19125 Chocolate-flavored hazelnut spread 37.0 1.0 serving 2 TBSP 18030 Bread, french or vienna, toasted (includes sourdough) 28.35 1.0 oz 18157 Cookies, chocolate wafers 28.35 1.0 oz	01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	4
19137 Toppings, strawberry 42.0 2.0 tbsp 06030 Soup, clam chowder, new england, canned, condensed 126.0 0.5 cup 14341 Beverages, pineapple and orange juice drink, canned 31.3 1.0 fl oz 11353 Potatoes, russet, flesh and skin, raw 75.0 0.5 cup, diced 43007 Babyfood, fruit, tutti frutti, junior 15.0 1.0 tbsp 03185 Babyfood, cereal, mixed, dry fortified 2.5 1.0 tbsp 18139 Cake, white, prepared from recipe without frosting 74.0 1.0 piece (1/12 of 9" dia) 19125 Chocolate-flavored hazelnut spread 37.0 1.0 serving 2 TBSP 18030 Bread, french or vienna, toasted (includes sourdough) 28.35 1.0 oz 18157 Cookies, chocolate wafers 28.35 1.0 oz	09129	Grapes, muscadine, raw	6.0	1.0 grape	4
06030Soup, clam chowder, new england, canned, condensed126.00.5 cup14341Beverages, pineapple and orange juice drink, canned31.31.0 fl oz11353Potatoes, russet, flesh and skin, raw75.00.5 cup, diced43007Babyfood, fruit, tutti frutti, junior15.01.0 tbsp03185Babyfood, cereal, mixed, dry fortified2.51.0 tbsp18139Cake, white, prepared from recipe without frosting74.01.0 piece (1/12 of 9" dia)19125Chocolate-flavored hazelnut spread37.01.0 serving 2 TBSP18030Bread, french or vienna, toasted (includes sourdough)28.351.0 oz18157Cookies, chocolate wafers28.351.0 oz	11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	4
Beverages, pineapple and orange juice drink, canned 31.3 1.0 fl oz Potatoes, russet, flesh and skin, raw 75.0 0.5 cup, diced 43007 Babyfood, fruit, tutti frutti, junior 15.0 1.0 tbsp 03185 Babyfood, cereal, mixed, dry fortified 2.5 1.0 tbsp 18139 Cake, white, prepared from recipe without frosting 74.0 1.0 piece (1/12 of 9" dia) 19125 Chocolate-flavored hazelnut spread 37.0 1.0 serving 2 TBSP 18030 Bread, french or vienna, toasted (includes sourdough) 28.35 1.0 oz	19137	Toppings, strawberry	42.0	2.0 tbsp	4
Potatoes, russet, flesh and skin, raw 75.0 Babyfood, fruit, tutti frutti, junior 15.0 Babyfood, cereal, mixed, dry fortified 2.5 1.0 tbsp Cake, white, prepared from recipe without frosting 74.0 15.0 10.0 piece (1/12 of 9" dia) Chocolate-flavored hazelnut spread 75.0 15	06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	4
43007Babyfood, fruit, tutti frutti, junior15.01.0 tbsp03185Babyfood, cereal, mixed, dry fortified2.51.0 tbsp18139Cake, white, prepared from recipe without frosting74.01.0 piece (1/12 of 9" dia)19125Chocolate-flavored hazelnut spread37.01.0 serving 2 TBSP18030Bread, french or vienna, toasted (includes sourdough)28.351.0 oz18157Cookies, chocolate wafers28.351.0 oz	14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	4
Babyfood, cereal, mixed, dry fortified 2.5 1.0 tbsp Cake, white, prepared from recipe without frosting 74.0 1.0 piece (1/12 of 9" dia) Chocolate-flavored hazelnut spread 37.0 1.0 serving 2 TBSP Bread, french or vienna, toasted (includes sourdough) 28.35 1.0 oz Cookies, chocolate wafers 28.35 1.0 oz	11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	4
18139Cake, white, prepared from recipe without frosting74.01.0 piece (1/12 of 9" dia)19125Chocolate-flavored hazelnut spread37.01.0 serving 2 TBSP18030Bread, french or vienna, toasted (includes sourdough)28.351.0 oz18157Cookies, chocolate wafers28.351.0 oz	43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	4
19125 Chocolate-flavored hazelnut spread 37.0 1.0 serving 2 TBSP 18030 Bread, french or vienna, toasted (includes sourdough) 28.35 1.0 oz 18157 Cookies, chocolate wafers 28.35 1.0 oz	03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	4
18030 Bread, french or vienna, toasted (includes sourdough) 28.35 1.0 oz 18157 Cookies, chocolate wafers 28.35 1.0 oz	18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	4
18157 Cookies, chocolate wafers 28.35 1.0 oz	19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	4
	18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	4
18283 Muffins, oat bran 28.35 1.0 oz	18157	Cookies, chocolate wafers	28.35	1.0 oz	4
	18283	Muffins, oat bran	28.35	1.0 oz	4

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	4
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	4
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	4
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	4
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	4
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	4
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	4
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5 g	4
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	4
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	3
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	3
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	3
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	3
28351	Cookies, Marie biscuit	28.0	5.0 cookie	3
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	3
19018	Fruit syrup	334.0	1.0 cup	3
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	3
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	3
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	3
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	3
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	3
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	3
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	3
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	3
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	3
18338	Phyllo dough	28.35	1.0 oz	3
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	3
21129	Fast foods, hush puppies	22.0	1.0 piece	3
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	3
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	3
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	3
43541	Ice creams, chocolate, rich	148.0	1.0 cup	3
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	3
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	3
19294	Fruit butters, apple	17.0	1.0 tbsp	3

Nuts, cashew butter, plain, with salt added Sauce, horseradish Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars Babyfood, mixed fruit yogurt, strained Babyfood, dessert, banana pudding, strained Babyfood, cereal, mixed, with applesauce and bananas, junior Babyfood, cereal, mixed, with applesauce and bananas, strained Cookies, shortbread, reduced fat Cookies, chocolate cream covered biscuit sticks Beverages, orange drink, canned, with added vitamin C			zeaxanthin(µg) Per Measure
19160 Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars 43523 Babyfood, mixed fruit yogurt, strained 43004 Babyfood, dessert, banana pudding, strained 03188 Babyfood, cereal, mixed, with applesauce and bananas, junior 03187 Babyfood, cereal, mixed, with applesauce and bananas, strained 28310 Cookies, shortbread, reduced fat 28350 Cookies, chocolate cream covered biscuit sticks 14323 Beverages, orange drink, canned, with added vitamin C	16.0	1.0 tbsp	3
Babyfood, mixed fruit yogurt, strained Babyfood, dessert, banana pudding, strained Babyfood, cereal, mixed, with applesauce and bananas, junior Babyfood, cereal, mixed, with applesauce and bananas, strained Cookies, shortbread, reduced fat Cookies, chocolate cream covered biscuit sticks Beverages, orange drink, canned, with added vitamin C	5.6	1.0 tsp	3
Babyfood, dessert, banana pudding, strained Babyfood, cereal, mixed, with applesauce and bananas, junior Babyfood, cereal, mixed, with applesauce and bananas, strained Cookies, shortbread, reduced fat Cookies, chocolate cream covered biscuit sticks Beverages, orange drink, canned, with added vitamin C	57.0	1.0 package (2 oz)	3
Dabyfood, cereal, mixed, with applesauce and bananas, junior Babyfood, cereal, mixed, with applesauce and bananas, strained Cookies, shortbread, reduced fat Cookies, chocolate cream covered biscuit sticks Beverages, orange drink, canned, with added vitamin C	15.0	1.0 tbsp	3
Dabyfood, cereal, mixed, with applesauce and bananas, strained Cookies, shortbread, reduced fat Cookies, chocolate cream covered biscuit sticks Beverages, orange drink, canned, with added vitamin C	15.0	1.0 tbsp	3
28310 Cookies, shortbread, reduced fat 28350 Cookies, chocolate cream covered biscuit sticks 14323 Beverages, orange drink, canned, with added vitamin C	28.35	1.0 oz	3
28350 Cookies, chocolate cream covered biscuit sticks 14323 Beverages, orange drink, canned, with added vitamin C	28.35	1.0 oz	3
Beverages, orange drink, canned, with added vitamin C	11.8	1.0 cookie	3
	40.0	1.0 serving	3
10126 G. I. HEDGHENIG GLOD T. C. D.	31.0	1.0 fl oz	3
19136 Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	3
03116 Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	3
28328 Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	3
Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	3
Beverages, Malted drink mix, chocolate, with added nutrients, powder, pr	repared with whole milk 265.0	1.0 cup (8 fl oz)	3
Beverages, Malted drink mix, chocolate, powder, prepared with whole mix	lk 265.0	1.0 cup (8 fl oz)	3
Cookies, sugar, refrigerated dough	33.0	1.0 serving	3
18350 Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	3
19080 Candies, semisweet chocolate	14.5	1.0 serving	3
21024 Fast foods, french toast sticks	65.0	3.0 pieces	3
08161 Cereals, corn grits, white, regular and quick, enriched, cooked with water	, with salt 257.0	1.0 cup	3
O8091 Cereals, corn grits, white, regular and quick, enriched, cooked with water	, without salt 257.0	1.0 cup	3
28294 Cookie, chocolate, with icing or coating	32.0	4.0 cookies	3
18217 Crackers, matzo, plain	14.2	0.5 oz	3
Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	3
03224 Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	3
19048 Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	3
Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	3
03225 Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	3
Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	3
Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	3
03213 Babyfood, cookies	28.35	1.0 oz	3
Pie, lemon meringue, commercially prepared	28.35	1.0 oz	3
05714 Turkey, skin, from retail parts, from dark meat, raw			2
19047 Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	3
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	3
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	3
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	3
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	3
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	3
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	3
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	3
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	3
06166	Sauce, homemade, white, medium	250.0	1.0 cup	2
06165	Sauce, homemade, white, thin	250.0	1.0 cup	2
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	2
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	2
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	2
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	2
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	2
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	2
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	2
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	2
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	2
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	2
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	2
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	2
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	2
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	2
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	2
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	2
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	2
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	2
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	2
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	2
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	2
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	2
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	2

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	2
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	2
18223	Crackers, milk	14.2	0.5 oz	2
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	2
18319	Pie, fried pies, fruit	28.35	1.0 oz	2
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	2
18170	Cookies, fig bars	28.35	1.0 oz	2
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	2
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	2
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	2
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	2
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	2
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	2
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	2
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	2
18459	Breakfast tart, low fat	52.0	1.0 tart	2
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	2
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	2
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	2
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	2
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	2
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	2
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	2
25059	Snacks, brown rice chips	9.0	1.0 cake	2
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	2
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	2
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	2
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	2
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	2
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	2
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	2
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	2
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	2
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	2
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	2

1971 Jans and preserves, spricor 200 1.0 thsp 2 2 2 2 2 2 2 2 2	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
93128 Babyfood, fruit, apricot with tapicou, junior 150 1,0 tune 2 15089 Pish, sardine, Pacific, camed in tomato sauce, drained solids with bone 890 1,0 cup 2 449472 Babyfood, dimer, macaroni, beef and tomato sauce, toldler 160 1,0 lbp 2 449472 Babyfood, dimer, macaroni, beef and tomato sauce, toldler 160 1,0 lbp 2 81948 Cereiss, farrine, enriched, assorated fromats including CREAM OF WHEAT, quick (13 minutes), day 110 1,0 lbp 2 18112 Clace, pauling-types, german chrosolate, day mix 450 1,0 serving 2 18115 Cockies, brownies, cross mix, mo sugar addeal, prowder 190 1,0 arrowlays Abus (675 or) 2 18151 Cockies, frage, chocadare machamollow, with nurs, prepared 1 28.35 1,0 or 2 18151 Cockies, frage, chocadare machamollow, with nurs, prepared 1 28.35 1,0 or 2 18253 Doughnuts, freuch errillers, glazed 28.35 1,0 or 2 20254 Spices, pumpkin pie spice 1,7 1,0 tp 2 20254	19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	2
1989 İsik, sadine, Pacific, camed in tomato sauce, drained solids with bone 890 1.0 cm 2 14096 Alcohole beveringe, wine, trailer, red 204 1.0 ft of 2.0 cm 4432 Balyfood, dimen, meanch, berf and tomato sauce, toddler 1.6 cm 1.0 cm 1.0 cm 8814 Caroles, sweet choculuc coated forduat 430 1.0 puny, large 2.2 19083 Caroles, sweet choculuc coated forduat 430 1.0 puny, large 2.2 14196 Beveriges, Coora mir, no sugar added, powder 190 0.10 eavelope Alba (x675 oz) 2.2 18151 Coders, brownier, commercially prepared 2.83 1.0 no 2.2 18151 Coders, brownier, commercially prepared 2.83 1.0 no 2.2 18151 Coders, brownier, universe and state and s	19719	Jams and preserves, apricot	20.0	1.0 tbsp	2
14066 Alcohalic beverage, wine, table, red 29.4 1.0 ft no. 2 14432 Babylood, dimner, macaroni, beef and tomato sauce, toddler 16.0 1.0 tbup 2 14432 Babylood, dimner, macaroni, beef and tomato sauce, toddler 11.0 1.0 tbup 2 19083 Cardies, sweet chocolate coated fondant 43.0 1.0 pany, large 2 18112 Cake, padding-type, garman chocolate, dry mix 43.0 1.0 evrolg 2 18151 Cookies, brownies, commercially prepared 28.35 1.0 oz 2 18151 Cookies, brownies, commercially prepared 28.35 1.0 oz 2 18151 Cookies, brownies, commercially prepared 28.35 1.0 oz 2 18253 Doughturs, french crullers, glazed 28.35 1.0 oz 2 20205 Doughturs, french crullers, glazed 85.0 3.0 oz 2 20215 Turkey, retail parts, thigh, meat and skin, cooked, masted 85.0 1.0 tbp 2 20215 Turkey, retail parts, thigh, meat and skin, cooked, masted 85.0 1.0 tbp	03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	2
4342 Babyfood, dinner, macroin, beef and tomato suce, toddler 160 1.0 thup 2 98104 Cereals, farina, carriched, assorted brands including CREAM OF WHEAT, quick (1-3 minures), dry 110 1.0 thup 2 18112 Cake, pudding-type, german chocolate, dry mix 430 1.0 envelope Abts (675 or) 2 18112 Cake, pudding-type, german chocolate, dry mix 430 1.0 envelope Abts (675 or) 2 18151 Condicis, flowards, consumerically prepared 28.35 1.0 envelope Abts (675 or) 2 18253 Doughauts, french crullers, glazed 28.35 1.0 oz 2 18253 Opighauts, french crullers, glazed 28.35 1.0 oz 2 05743 Tukey, retail parts, high, meat and skin, cooked, roasted 88.90 3.0 oz 2 05743 Tukey, retail parts, high, meat and skin, cooked, roasted 88.90 3.0 oz 2 05743 Tukey, retail parts, high, meat and skin, cooked, roasted 88.0 3.0 oz 2 05743 Tukey, retail parts, high, meat and skin, cooked, roasted 88.0 3.0 oz 2 05743	15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	2
44822 Babyfood, dimer, macroni, beef and tomato sauce, oddler 10 1.0 begs 2 8084 Cereals, farina, enriched, asorted brands including CREAM OF WIIEAT, quick (1-3 minutes), dry 111 1.0 begs 2 1983 Cardies, sweet chooduse coated fondant 43.0 1.0 payls, large 2 1812 Cachies, brownies, commis, no usgar added, powder 19.0 1.0 envolope Alta (675 or) 2 1815 Cookies, brownies, commercially prepared 28.35 1.0 convolope Alta (675 or) 2 1823 Doughnus, french crullers, glazed 28.35 1.0 oz 2 1823 Doughnus, french crullers, glazed 28.35 1.0 oz 2 1823 Doughnus, french crullers, glazed 28.35 1.0 oz 2 1823 Doughnus, french crullers, glazed 28.35 1.0 oz 2 1823 Doughnus, french crullers, glazed 28.35 1.0 oz 2 1823 Doughnus, french crullers, glazed 28.05 1.0 oz 2 1823 David David March (19 oz 2 2 1824<	14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	2
19088 Candics, sweet chocolate conted fondant 430 1.0 pathy, large 2 18112 Cake, pudding-type, german chocolate, dry mix 430 1.0 envelope Alba (675 co.) 2 18151 Cookies, brownies, commercially prepared 28.35 1.0 envelope Alba (675 co.) 2 18151 Cookies, brownies, commercially prepared 28.35 1.0 co. 2 19301 Cardies, fulge, chocolate marshmallow, with nuts, prepared-by-recipe 28.55 1.0 co. 2 20205 Spices, pumpkin pie spice 28.5 1.0 co. 2 20205 Spices, pumpkin pie spice 1.0 1.0 3.0 cg. 2 20734 Urkey, retail parts, thigh, meat and skin, cooked, rousted 85.0 1.0 thys. 2 40205 Babyfood, caternaci cereal with fruit, dry, instant, toddier froiffiel 5.3 1.0 thys. 2 40210 Babyfood, caternaci cereal with fruit, dry, instant, toddier froiffiel 1.5 1.0 thys. 2 40220 Babyfood, trait, particle with princip, strained 1.5 1.0 thys. 2 4025 Data and dre	43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	
18112 Cake, pubding-type, german chocolate, dry mix 430 1.0 servings 2 14196 Beverages, Coco mix, no sugar added, powder 19.0 1.0 envelope Alba (675 sc) 2 18151 Cookies, brownies, commercially prepared 28.35 1.0 oz 2 19201 Cadies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe 28.35 1.0 oz 2 18253 Doughnuts, french crullers, glazed 28.35 1.0 oz 2 20205 Specs, pumpkin pie spice 1.7 1.0 tsp 2 08743 Tarkey, crall parts, high, meat and skin, cooked, roasted 85.0 3.0 oz 2 08102 Cercals, CREAM OF WHEAT, regular, 10 minute cooking, dry 10.6 1.0 tbsp 2 08205 Babyfood, catmeal cercal with fruit, dry, instant, todiler fortified 5.3 1.0 tbsp 2 08205 Salad dressing, mayonanise, regular 18.3 1.0 tbsp 2 08215 Lemon juice from concentrate, canned or bottled 15.0 1.0 tbsp 2 08157 Babyfood, fruit, pannas and princapple with rapioca, strained	08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	2
1416 Reverages, Cocoanix, no sugar added, powder 19.0 1.0 envelope Alba (675 oz) 2 18151 Cookies, browies, commercially prepared 28.35 1.0 co 2 18203 Cookies, browies, commercially prepared 28.35 1.0 co 2 18253 Doughnus, french crallers, glazed 28.35 1.0 co 2 02035 Spices, pumpkin pie spice 1.7 1.0 co 3.0 co 2 05743 Turkey, retail parts, tligh, meat and skin, cooked, roasted 85.0 2 3.0 co 2 05743 Babyfood, damach cereal with fruit, dry, instant, toddler fortified 5.3 2 1.0 co 2 08205 Babyfood, damach cereal with fruit, dry, instant, toddler fortified 5.3 2 1.0 co 2 08210 Babyfood, admach cereal with fruit, dry, instant, toddler fortified 5.3 2 1.0 co 2 08210 Babyfood, fruit, aprical cereal with fruit, dry, instant, collect from concentrate, control to total decreased 15.0 2 1.0 co 2 08152 Babyfood, fruit, partical with tapica, strained <td< td=""><td>19083</td><td>Candies, sweet chocolate coated fondant</td><td>43.0</td><td>1.0 patty, large</td><td>2</td></td<>	19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	2
18151 Cookies, brownies, commercially prepared 28.35 1.0 oz 2 19301 Candies, fidge, chocolate marshmallow, with nuts, prepared-by-recipe 28.35 1.0 oz 2 18253 Doughauts, french crullers, glazed 28.35 1.0 oz 2 02035 Spices, pumpkin pie spice 1.7 1.0 tsp 2 05743 Turkey, retail parts, thigh, meat and skin, cooked, roasted 85.0 3.0 oz 2 058102 Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry 10.6 1.0 tbsp 2 058205 Babyfood, sameal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 2 19871 Frozen novelies, No Sugar Added, FUDGSICLE pops 84.0 1.0 serving 2 19872 Stald dressing, mayonnaise, regular 15.0 1.0 tbsp 2 09152 Staled dressing, mayonnaise, regular 15.0 1.0 tbsp 2 09153 Lemon juice from concentrate, canced or bottled 15.0 1.0 tbsp 2 09154 Lemon juice from concentrate, bottled, REAL LEMON 15.0 1.0	18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	2
1930 Cardies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe 28.35 1.0 og 2 18253 Doughust, french crullers, glazed 28.35 1.0 og 2 05235 Spices, pumpkin pie spice 1.7 1.0 tog 2 05743 Turkey, retail parts, thigh, meat and skin, cooked, rossted 85.0 3.0 og 2 08102 Greals, CREAM OF WHEAT, regular, 10 minute cooking, dry 10.6 1.0 togs 2 08205 Balyfood, oatmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 togs 2 19871 Fozen novelites, No Sugar Added, FUDGSICE pops 84.0 1.0 togs 2 09153 Lemon juice from concentrate, canned or bottled 15.0 1.0 togs 2 09154 Lemon juice from concentrate, bottled, REAL LEMON 15.0 1.0 togs 2 08157 Balyfood, fruit, pinanas and pineapple with tupicca, strained 15.0 1.0 togs 2 08158 Balyfood, fruit, aprico with tapicca, strained 15.0 1.0 togs 2 1917 Cardies, Meanpis MARS Pretzel Chocolate Cardies 40 0.0 togs 0.0 togs 2 1926 Dust, almonds, oil rossted, without sall added	14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	2
18253 Doughnuts, French crullers, glazed 28.35 1.0 oz 2 02035 Spices, pumpkin pic spice 1.7 1.0 tsp 2 05743 Turkey, retail parts, thigh, meat and skin, cooked, roasted 85.0 3.0 oz 2 05743 Turkey, retail parts, thigh, meat and skin, cooked, roasted 85.0 3.0 oz 2 08102 Cercals, CREAM OF WHEAT, regular, 10 minute cooking, dry 10 6 1.0 tbsp 2 08205 Babyfood, outneal cereal with fruit, dry, instant, koddler fortified 5.3 1.0 tbsp 2 19871 Frozen novelties, No Sugar Added, FUDGSICLE pops 84.0 1.0 serving 2 04025 Salad dressing, mayonnaise, regular 13.8 1.0 tbsp 2 04025 Salad dressing, mayonnaise, regular 15.0 1.0 tbsp 2 09524 Lemon juice from concentrate, canned or bottled 15.0 1.0 tbsp 2 03157 Babyfood, fruit, bannaus and pincapple with tapica, strained 15.0 1.0 tbsp 2 0318 Babyfood, fruit, apricor with tapica, strained 15	18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	2
02035 Spices, pumpkin pie spice 1.7 1.0 tsp. 2 05743 Turkey, retail parts, hijk, meat and skin, cooked, roasted 85.0 3.0 oz 2 08102 Creals, CREAM OF WHEAT, regular, 10 minute cooking, dry 10.6 1.0 tbsp 2 08102 Babyfood, oatmeal cercal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 2 19871 Frozen novelities, No Sugar Added, FUDGSICLE pops 84.0 1.0 serving 2 04025 Salad dressing, mayonnaise, regular 13.8 1.0 tbsp 2 04125 Salad dressing, mayonnaise, regular 15.0 1.0 tbsp 2 0452 Lemon juice from concentrate, canned or bottled 15.0 1.0 tbsp 2 0452 Lemon juice from concentrate, bottled, REAL LEMON 15.0 1.0 tbsp 2 04517 Babyfood, fruit, bananas and pineapple with tapica, strained 15.0 1.0 tbsp 2 0418 Babyfood, fruit, apricor with tapica, strained 15.0 1.0 tbsp 2 19917 Candies, M&M MARS Pretzel Chocolate Candies 5.0	19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	2
05743 Turkey, retail parts, thigh, meat and skin, cooked, roasted 85.0 3.0 oz 2 08102 Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry 10.6 1.0 tbsp 2 03205 Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 2 19871 Frozen novelties, No Sugar Added, FUDGSICLE pops 84.0 1.0 serving 2 04025 Salad dressing, mayonnaise, regular 13.8 1.0 tbsp 2 09153 Lemon juice from concentrate, canned or bottled 15.0 1.0 tbsp 2 09524 Lemon juice from concentrate, bottled, REAL LEMON 15.0 1.0 tbsp 2 03117 Babyfood, fruit, bananas and pineapple with tapicca, strained 15.0 1.0 tbsp 2 0318 Babyfood, fruit, apricot with tapicca, strained 15.0 1.0 tbsp 2 03118 Babyfood, fruit, apricot with tapicca, strained 15.0 1.0 tbsp 2 19917 Candies, M&y,M MARS Pretzel Chocolate Candies 5.0 1.0 tbsp 2 1265 Nius, almonds, oil roasted, viith salt ad	18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	2
08102 Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry 10.6 1.0 tbsp 2 08205 Babyfood, oarmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 2 19871 Frozen novelties, No Sugar Added, FUDGSICLE pops 84.0 1.0 serving 2 04025 Salad dressing, mayonanise, regular 13.8 1.0 tbsp 2 04025 Lemon juice from concentrate, canned or bottled 15.0 0.10 tbsp 2 09524 Lemon juice from concentrate, bottled, REAL LEMON 15.0 1.0 tbsp 2 03157 Babyfood, fruit, bananas and pincapple with tapioca, strained 15.0 1.0 tbsp 2 03181 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 2 1917 Candies, M&,M MARS Pretzel Chocolate Candies 40.0 0.25 cup 2 1924 Onions, delpydrated flakes 5.0 1.0 cup whole kernels 2 1265 Nus, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernels 2 1265 Nuts, almonds, oil roasted, with salt added	02035	Spices, pumpkin pie spice	1.7	1.0 tsp	2
03205 Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 2 19871 Frozen novelties, No Sugar Added, FUDGSICLE pops 84.0 1.0 serving 2 04025 Salad dressing, mayonnaise, regular 13.8 1.0 tbsp 2 09153 Lemon juice from concentrate, canned or bottled 15.0 1.0 tbsp 2 09524 Lemon juice from concentrate, bottled, REAL LEMON 15.0 1.0 tbsp 2 03157 Babyfood, fruit, bannas and pineapple with tapioca, strained 15.0 1.0 tbsp 2 03188 Babyfood, fruit, bannas and pineapple with tapioca, strained 15.0 1.0 tbsp 2 19917 Candies, M&M MARS Pretzel Chocolate Candies 40.0 0.25 cup 2 11284 Onions, dehydrated flakes 5.0 1.0 tbsp 2 12065 Nuts, almonds, oil roasted, without salt added 157.0 1.0 cup whole kernels 2 12565 Nuts, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernels 2 18427 Crackers, standard snack-type, regular, low sa	05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	2
19871 Frozen novelties, No Sugar Added, FUDGSICLE pops 84.0 1.0 serving 2 04025 Salad dressing, mayonnaise, regular 13.8 1.0 thorp 2 09153 Lemon juice from concentrate, canned or bottled 15.0 1.0 thorp 2 09524 Lemon juice from concentrate, bottled, REAL LEMON 15.0 1.0 thorp 2 03157 Babyfood, fruit, paricot with tapica, strained 15.0 1.0 thorp 2 0318 Babyfood, fruit, apricot with tapica, strained 15.0 1.0 thorp 2 1917 Candies, M&M MARS Pretzel Chocolate Candies 40.0 2.0 thorp 2 11284 Olions, debydrated flakes 5.0 1.5 thorp 2 2 1205 Nus, almonds, oil roasted, without salt added 157.0 1.0 cup whole kernes 2 1265 Nus, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernes 2 18427 Crackers, standard snack-type, regular, low salt 39.0 1.0 cup whole kernes 2 1922 Papaya, canned, heavy syrup, drained 39.0	08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	2
04025 Salad dressing, mayonnaise, regular 13.8 1.0 tbsp 2 09153 Lemon juice from concentrate, canned or bottled 15.0 1.0 tbsp 2 09524 Lemon juice from concentrate, bottled, REAL LEMON 15.0 1.0 tbsp 2 03157 Babyfood, fruit, bananas and pineapple with tapioca, strained 15.0 1.0 tbsp 2 03118 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 2 19917 Candies, M&M MARS Pretzel Chocolate Candies 40.0 0.25 cup 2 11284 Onions, dehydrated flakes 5.0 1.0 tbsp 2 12065 Nuts, almonds, oil roasted, vithout salt added 157.0 1.0 cup whole kernels 2 12665 Nuts, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernels 2 12847 Crackers, standard snack-type, regular, low salt 41.2 0.5 oz 2 09228 Papaya, canned, heavy syrup, drained 39.0 1.0 piece 2 1141 Celeriac, raw 156.0 1.0 piece 2 </td <td>03205</td> <td>Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified</td> <td>5.3</td> <td>1.0 tbsp</td> <td>2</td>	03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	2
09153 Lemon juice from concentrate, canned or bottled 15.0 1.0 tbsp 2 09524 Lemon juice from concentrate, bottled, REAL LEMON 15.0 1.0 tbsp 2 03157 Babyfood, fruit, bananas and pineapple with tapioca, strained 15.0 1.0 tbsp 2 03118 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 2 19917 Candies, M&M MARS Pretzel Chocolate Candies 40.0 0.25 cup 2 11284 Onions, dehydrated flakes 5.0 1.0 cup whole kernels 2 12065 Nuts, almonds, oil roasted, without salt added 157.0 1.0 cup whole kernels 2 12565 Nuts, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernels 2 18427 Crackers, standard snack-type, regular, low salt 157.0 1.0 cup whole kernels 2 18428 Papaya, canned, heavy syrup, drained 39.0 1.0 cup whole kernels 2 1941 Celeriac, raw 35.0 1.0 cup whole kernels 2 1941 Celeriac, raw 35.0 1.0 cup wh	19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	2
09524 Lemon juice from concentrate, bottled, REAL LEMON 15.0 1.0 tbsp 2 03157 Babyfood, fruit, bananas and pineapple with tapioca, strained 15.0 1.0 tbsp 2 03118 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 2 19917 Candies, M&M MARS Pretzel Chocolate Candies 40.0 0.25 cup 2 11284 Onions, dehydrated flakes 5.0 1.0 cup whole kernels 2 12065 Nuts, almonds, oil roasted, without salt added 157.0 1.0 cup whole kernels 2 12665 Nuts, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernels 2 12565 Nuts, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernels 2 18427 Crackers, standard snack-type, regular, low salt 41.2 0.5 oz 2 18427 Crackers, standard snack-type, regular, low salt 39.0 1.0 cup whole kernels 2 1928 Papaya, canned, heavy syrup, drained 39.0 1.0 cup whole kernels 2 19914 Candies, M&M MARS 3 MUSKETEER	04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	2
03157 Babyfood, fruit, bananas and pineapple with tapioca, strained 15.0 1.0 tbsp 2 03118 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 2 19917 Candies, M&M MARS Pretzel Chocolate Candies 40.0 0.25 cup 2 11284 Onions, dehydrated flakes 5.0 1.0 cup whole kernels 2 12065 Nuts, almonds, oil roasted, without salt added 157.0 1.0 cup whole kernels 2 12665 Nuts, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernels 2 12847 Crackers, standard snack-type, regular, low salt 14.2 0.5 oz 2 18427 Crackers, standard snack-type, regular, low salt 39.0 1.0 cup whole kernels 2 1928 Papaya, canned, heavy syrup, drained 39.0 1.0 piece 2 1141 Celeriac, raw 156.0 1.0 cup 1.0 cup 2 1935 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked 154.0 1.0 piec crust (average weight of 1 baked crust) 2 4350 Babyfood, b	09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	2
03118 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 2 19917 Candies, M&M MARS Pretzel Chocolate Candies 40.0 0.25 cup 2 11284 Onions, dehydrated flakes 5.0 1.0 tbsp 2 12065 Nuts, almonds, oil roasted, without salt added 157.0 1.0 cup whole kernels 2 12665 Nuts, almonds, oil roasted, lightly salted 157.0 1.0 cup whole kernels 2 12565 Nuts, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernels 2 18427 Crackers, standard snack-type, regular, low salt 14.2 0.5 oz 2 09228 Papaya, canned, heavy syrup, drained 39.0 1.0 piece 2 11141 Celeriac, raw 156.0 1.0 cup 2 19914 Candies, M&M MARS 3 MUSKETEERS Truffle Crisp 31.0 1.0 serving 2 18335 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked 154.0 1.0 pie crust (average weight of 1 baked crust) 2 43550 Babyfood, banana apple dessert, strained 15.	09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	2
19917 Candies, M&M MARS Pretzel Chocolate Candies 40.0 0.25 cup 2 11284 Onions, dehydrated flakes 5.0 1.0 tbsp 2 12065 Nuts, almonds, oil roasted, without salt added 157.0 1.0 cup whole kernels 2 12665 Nuts, almonds, oil roasted, lightly salted 157.0 1.0 cup whole kernels 2 12565 Nuts, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernels 2 18427 Crackers, standard snack-type, regular, low salt 14.2 0.5 oz 2 09228 Papaya, canned, heavy syrup, drained 39.0 1.0 piece 2 1141 Celeriac, raw 156.0 1.0 cup 2 19914 Candies, M&M MARS 3 MUSKETEERS Truffle Crisp 31.0 1.0 serving 2 1835 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked 154.0 1.0 pie crust (average weight of 1 baked crust) 2 4350 Babyfood, banana apple dessert, strained 15.0 1.0 tbsp 2	03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	2
11284 Onions, dehydrated flakes 5.0 1.0 tbsp 2 12065 Nuts, almonds, oil roasted, without salt added 157.0 1.0 cup whole kernels 2 12665 Nuts, almonds, oil roasted, lightly salted 157.0 1.0 cup whole kernels 2 12565 Nuts, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernels 2 18427 Crackers, standard snack-type, regular, low salt 14.2 0.5 oz 2 09228 Papaya, canned, heavy syrup, drained 39.0 1.0 piece 2 1141 Celeriac, raw 156.0 1.0 cup 2 19914 Candies, M&M MARS 3 MUSKETEERS Truffle Crisp 31.0 1.0 serving 2 18335 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked 154.0 1.0 pie crust (average weight of 1 baked crust) 2 43550 Babyfood, banana apple dessert, strained 15.0 1.0 tbsp 2	03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	2
12065 Nuts, almonds, oil roasted, without salt added 157.0 1.0 cup whole kernels 2 12665 Nuts, almonds, oil roasted, lightly salted 157.0 1.0 cup whole kernels 2 12565 Nuts, almonds, oil roasted, with salt added 157.0 1.0 cup whole kernels 2 18427 Crackers, standard snack-type, regular, low salt 14.2 0.5 oz 2 09228 Papaya, canned, heavy syrup, drained 39.0 1.0 piece 2 1141 Celeriac, raw 156.0 1.0 cup 2 19914 Candies, M&M MARS 3 MUSKETEERS Truffle Crisp 31.0 1.0 serving 2 18335 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked 154.0 1.0 pie crust (average weight of 1 baked crust) 2 4350 Babyfood, banana apple dessert, strained 15.0 1.0 tbsp 2	19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	2
12665Nuts, almonds, oil roasted, lightly salted157.01.0 cup whole kernels212565Nuts, almonds, oil roasted, with salt added157.01.0 cup whole kernels218427Crackers, standard snack-type, regular, low salt14.20.5 oz209228Papaya, canned, heavy syrup, drained39.01.0 piece211141Celeriac, raw156.01.0 cup219914Candies, M&M MARS 3 MUSKETEERS Truffle Crisp31.01.0 serving218335Pie crust, standard-type, frozen, ready-to-bake, enriched, baked154.01.0 pie crust (average weight of 1 baked crust)243550Babyfood, banana apple dessert, strained15.01.0 tbsp2	11284	Onions, dehydrated flakes	5.0	1.0 tbsp	2
12565Nuts, almonds, oil roasted, with salt added157.01.0 cup whole kernels218427Crackers, standard snack-type, regular, low salt14.20.5 oz209228Papaya, canned, heavy syrup, drained39.01.0 piece211141Celeriac, raw156.01.0 cup219914Candies, M&M MARS 3 MUSKETEERS Truffle Crisp31.01.0 serving218335Pie crust, standard-type, frozen, ready-to-bake, enriched, baked154.01.0 pie crust (average weight of 1 baked crust)243550Babyfood, banana apple dessert, strained15.01.0 tbsp2	12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	2
18427 Crackers, standard snack-type, regular, low salt 14.2 0.5 oz 2 09228 Papaya, canned, heavy syrup, drained 39.0 1.0 piece 2 11141 Celeriac, raw 156.0 1.0 cup 2 19914 Candies, M&M MARS 3 MUSKETEERS Truffle Crisp 31.0 1.0 serving 2 18335 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked 154.0 1.0 pie crust (average weight of 1 baked crust) 2 43550 Babyfood, banana apple dessert, strained 15.0 1.0 tbsp 2	12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	2
Papaya, canned, heavy syrup, drained 39.0 1.0 piece 2 11141 Celeriac, raw 156.0 1.0 cup 2 19914 Candies, M& M MARS 3 MUSKETEERS Truffle Crisp 31.0 1.0 serving 2 18335 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked 154.0 1.0 pie crust (average weight of 1 baked crust) 2 43550 Babyfood, banana apple dessert, strained 15.0 1.0 tbsp 2	12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	2
11141 Celeriac, raw 156.0 1.0 cup 2 19914 Candies, M&M MARS 3 MUSKETEERS Truffle Crisp 31.0 1.0 serving 2 18335 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked 154.0 1.0 pie crust (average weight of 1 baked crust) 2 43550 Babyfood, banana apple dessert, strained 15.0 1.0 tbsp 2	18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	2
19914 Candies, M&M MARS 3 MUSKETEERS Truffle Crisp 31.0 1.0 serving 2 18335 Pie crust, standard-type, frozen, ready-to-bake, enriched, baked 154.0 1.0 pie crust (average weight of 1 baked crust) 2 43550 Babyfood, banana apple dessert, strained 15.0 1.0 tbsp 2	09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	2
Pie crust, standard-type, frozen, ready-to-bake, enriched, baked 154.0 1.0 pie crust (average weight of 1 baked crust) 2 43550 Babyfood, banana apple dessert, strained 15.0 1.0 tbsp 2	11141	Celeriac, raw	156.0	1.0 cup	2
Babyfood, banana apple dessert, strained 15.0 1.0 tbsp 2	19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	2
Babyfood, banana apple dessert, strained 15.0 1.0 tbsp 2	18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	2
Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2	43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	
	03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	2

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	1
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	1
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	1
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	1
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	1
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	1
12061	Nuts, almonds	143.0	1.0 cup, whole	1
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	1
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	1
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	1
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	1
19049	Snacks, M& M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	1
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	1
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	1
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	1
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	1
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	1
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	1
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	1
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	1
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	1
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	1
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	1
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	1
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	1
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	1
11285	Onions, canned, solids and liquids	63.0	1.0 onion	1
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	1
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	1
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	1
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	1
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	1

21028 Fast f 27051 Sauce 21387 BURG 14181 Bever 28311 Cook 18097 Cake,	ad dressing, honey mustard dressing, reduced calorie			zeaxanthin(µg) Per Measure
27051 Sauce 21387 BURG 14181 Bever 28311 Cook 18097 Cake,	<i>U U U U U U U U U U</i>	30.0	2.0 tbsp (1 serving)	1
21387 BUR0 14181 Bever 28311 Cook 18097 Cake,	t foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	1
14181 Bever 28311 Cook 18097 Cake,	ce, cocktail, ready-to-serve	60.0	0.25 cup	1
28311 Cook 18097 Cake,	RGER KING, Hash Brown Rounds	5.6	1.0 piece	1
18097 Cake,	verages, chocolate syrup	39.0	1.0 serving 2 tbsp	1
	okies, sugar wafer, chocolate-covered	29.0	3.0 cookie	1
18117 Cake,	te, pudding-type, chocolate, dry mix	28.35	1.0 oz	1
	te, pudding-type, marble, dry mix	28.35	1.0 oz	1
18102 Cake,	te, white, prepared from recipe with coconut frosting	28.35	1.0 oz	1
19235 Puddi	ldings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	1
08094 Cerea	eals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	1
09156 Lemo	non peel, raw	6.0	1.0 tbsp	1
11135 Cauli	ıliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	1
42150 Baby	pyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	1
19345 Syrup	ups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	1
01017 Chees	eese, cream	14.5	1.0 tbsp	1
25031 Form	mulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	1
19379 Cand	ndies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	1
18215 Crack	ckers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	1
21026 Fast f	t foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	1
03212 Baby	pyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	1
19142 Cand	ndies, MOUNDS Candy Bar	19.0	1.0 bar snack size	1
21144 CHIC	ICK-FIL-A, hash browns	5.5	1.0 piece	1
14237 Bever	verages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	1
08595 Cerea	eals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	1
03280 Baby	pyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	1
44258 Puddi	ldings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	1
14243 Cranb	nberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	1
28330 Cook	okies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	1
19144 Cand	ndies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	1
14631 Bever	verages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	1
03712 Baby	byfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	1
18168 Cook	okies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	1
18176 Cook	okies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	1
18198 Cook	okies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	1
18171	Cookies, fortune	28.35	1.0 oz	1
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	1
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	1
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	1
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	1
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	1
11677	Shallots, raw	10.0	1.0 tbsp chopped	1
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	1
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	1
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	1
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	1
19114	Ice creams, chocolate, light	68.0	1.0 serving	1
06957	Gravy, brown instant, dry	6.7	1.0 serving	1
06124	Gravy, pork, dry, powder	6.7	1.0 serving	1
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	1
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	1
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	1
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	1
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	1
27064	Wasabi	20.0	1.0 tablespoon	1
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	1
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	1
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	1
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	1
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	1
18172	Cookies, gingersnaps	28.35	1.0 oz	1
18177	Cookies, molasses	28.35	1.0 oz	1
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	1
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	1
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	1
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	1
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	1
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	1

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0
02055	Horseradish, prepared	5.0	1.0 tsp	0
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0
01056	Cream, sour, cultured	12.0	1.0 tbsp	0
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0
12071	Nuts, almond paste	28.35	1.0 oz	0
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0
16137	Hummus, home prepared	15.0	1.0 tablespoon	0
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0
43046	Candies, nougat, with almonds	14.0	1.0 piece	0
06958	Gravy, instant beef, dry	6.7	1.0 serving	0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
01113	Whey, acid, dried	57.0	1.0 cup	0
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0
42161	Bologna, beef, low fat	28.0	1.0 slice	0
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0
19141	Candies, MARS SNACKFOOD US, M& M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0
01018	Cheese, edam	28.35	1.0 oz	0
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04574	Fat, duck	12.8	1.0 tbsp	0
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10865	Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0 " fat, all grades, raw	85.0	3.0 oz	0
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Dr. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0
42227	Candies, MARS SNACKFOOD US, M& M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0

13465 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 85.0 3.0 oz 0 02047 Salt, table 6.0 1.0 tsp 0 23104 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 03843 Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted 8.7 1.0 scoop 0 11028 Bamboo shoots, canned, drained solids 131.0 1.0 cup (1/8" slices) 0 19163 Chewing gum 3.0 1.0 cup (1/8" slices) 0 90985 Currants, zante, dried 144.0 1.0 cup, diced 0 10013 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0 1616 Beans, black turtle, mature seeds, raw 184.0 1.0 cup, diced 0 17179 Game meat, rabbit, domesticated, composite of cuts, cooked, stewed 85.0 3.0 oz 0 24219 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
1920 1920	05625	Emu, flat fillet, raw	85.0	3.0 oz	0
1905 Pork, cured, humwater added, slice, bone-in, separable lean and far, heard, pan-brill 850 1.0 serving (3 oz) 1260	13350	Beef, cured, dried	28.0	10.0 slices	0
1260 Mushrooms, white, raw 28.35 1.0 oz 0.0	23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
1000 Cheese, Mexican, blend, reduced fat 28.35 3.0 oz 0.0	10915	Pork, cured, ham water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
15078 Fish. salmon, chinook, raw 85.0 3.0 oz 0 16389 Peanuts, all types, oil-roasted, without salt 144.0 1.0 top. 0 24813 Beef, New Zealand, imported, brisker point end, separable lean only, raw 114.0 4.0 oz 0 23654 Reef, flank, stack, separable lean only, with added solution, roasted 85.0 3.0 oz 0 05718 Tuckey, breast, from whole bird, meat only, with added solution, roasted 85.0 1.0 slice (10 oz) (4" x4" x352" tible) 0 13465 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 85.0 1.0 slice (10 oz) (4" x4" x352" tible) 0 13465 Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, scleet, raw 85.0 3.0 oz 0 23404 Beef, chuck, under blade por roast or steak. boneless, separable lean and fat, trimmed to 0" fat, scleet, raw 85.0 3.0 oz 0 23404 Beef, chuck, under blade por roast or steak. Separable lean and fat, trimmed to 0" fat, scleet, raw 85.0 3.0 oz 0 10103 Pocking gram 3.0 1.0 sque 0 1.0 sque	11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0
16389 Peanuts, all types, oil-roasted, without salt 1440 1.0 cup, 0 23403 Beef, New Zealand, imported, brisket point end, separable lean only, trained to 0" frt, all grades, cooked, broiled 850 3.0 cz 0 05718 Turkey, breast, from whole bird, meat only, with added solution, roasted 850 3.0 cz 0 07027 Ham, chopped, not canned 280 1.0 slice (1 oz) (4" x 4" x 3.32" thick) 0 13465 Beef, short bioin, porterhouse steak, separable lean only, trimmed to 18" fat, all grades, cooked, grilled 850 1.0 slice (1 oz) (4" x 4" x 3.32" thick) 0 23104 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 850 3.0 cz 0 23104 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 850 3.0 cz 0 23104 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 850 3.0 cz 0 23104 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 850 3.0 cz 1 0 23105	01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0
23403 Beef, New Zealand, imported, brisket point end, separable lean only, raw 114.0 4.0 oz 0 23654 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 0 65718 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 1.0 slice (1 oz) (4" x 4" x 32" thick) 0 07027 Han, chopped, not canned 28.0 1.0 slice (1 oz) (4" x 4" x 32" thick) 0 13465 Beef, short loin, porterhouse steak, separable lean only, trimmed to 18" fat, all grades, cooked, grilled 85.0 3.0 oz 0 12314 Beef, chuck, under blade por troast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 03843 Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted 87 1.0 scope 0 11028 Banboo shoots, canned, drained solids 131.0 1.0 cup (18" slices) 0 19163 Chewing gum 3.0 1.0 cup (18" slices) 0 19085 Currants, Zanto, dried 1.0 cup 1.0 cup 1.0 cup 101013 Pork, fresh, leg (15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0
23654 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.00 3.00 0 05718 Turkey, breast, from whole bird, meat only, with added solution, roasted 28.0 1.80 1.0 slice (1.02) (4" x 4" x 322" thick) 0 07027 Han, chopped, not canned 28.0 1.0 slice (1.02) (4" x 4" x 322" thick) 0 1346 Beef, short Join, porterbouse steak, separable lean and fat, trimmed to 18" fat, all grades, cooked, grilled 85.0 0 3.00 0 23104 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 0 3.00 0 0 3384 Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconsitude 87.0 1.0 cup (18" slice) 0 19163 Robing gum 1.0 1.0 1.0 cup (18" slice) 0 19163 Chewing gum 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 <	16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0
05718 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0 07027 Ham, chopped, not canned 28.0 1.0 slice (1 oz) (4" x 4" x 3/3" thick) 0 02047 Salt, table 6.0 1.0 slice 1.0 slice 1.0 slice 0 23104 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 03843 Infant formalia, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted 8.7 1.0 scope 0 19163 Chewing gum 3.0 1.0 cup (1/8" slices) 0 19163 Chewing gum 3.0 1.0 cup (1/8" slices) 0 99085 Currants, zante, dried 1.5 1.0 cup (1/8" slices) 0 10013 Pork, fresh, leg (harm), rump half, separable lean and fat, cooked, roasted 185.0 1.0 cup 0 10179 Game meat, rabbit, domesticated, composite of cuts, cooked, stewed 85.0 3.0 oz 0 23491 Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked 85.0 1.0 cup	23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0
1	23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13465 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 85.0 3.0 oz 0 22104 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 23104 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 11028 Bamboo shoots, canned, drained solids 131.0 1.0 cup (1/8" slices) 0 19163 Chewing gum 3.0 1.0 suite 0 99085 Currants, zante, dried 144.0 1.0 cup (168" slices) 0 10013 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted 135.0 1.0 cup, dice 0 10160 Beans, black turtle, mature seeds, raw 85.0 3.0 oz 0 23491 Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked 85.0 3.0 oz 0 24129 Bologna, beef and pork, low fat 138.0 1.0 cup prices 0 97944 Turkey, white, rotisserie, deli cut 85.0 3.0 oz	05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
02017 Salt, table 6.0 1.0 tsp 0 23104 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 03843 Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted 8.7 1.0 secope 0 10128 Bamboo shoots, canned, drained solids 131.0 1.0 cup (1/8* slices) 0 19163 Chewing gum 3.0 1.0 stick 0 09085 Currants, zante, dried 144.0 1.0 cup, diced 0 10013 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0 16016 Beans, black turtle, mature seeds, raw 184.0 1.0 cup, diced 0 16017 Game meat, rabbit, domesticated, composite of cuts, cooked, stewed 85.0 3.0 oz 0 23491 Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked 85.0 3.0 oz 0 24129 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 33070 Beef, flan	07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
23104 Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 03843 Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted 8.7 1.0 secop 0 11028 Bamboo shoots, canned, drained solids 131.0 1.0 cup (1/8" slices) 0 19163 Chewing gum 3.0 1.0 cup (1/8" slices) 0 19085 Currants, zante, dried 144.0 1.0 cup, diced 0 10013 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0 16166 Beans, black turtle, mature seeds, raw 184.0 1.0 cup, diced 0 16179 Game meat, rabbit, domesticated, composite of cuts, cooked, stewed 85.0 3.0 oz 0 23491 Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked 85.0 3.0 oz 0 42129 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 7944 Turkey, white, roitserie, deli cut 85.0 3.0 oz 0	13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03843 Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted 8.7 1.0 scoop 0 11028 Bamboo shoots, canned, drained solids 131.0 1.0 cup (1/8" slices) 0 19163 Chewing gum 3.0 1.0 stick 0 09085 Currants, zante, dried 144.0 1.0 cup 0 10013 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0 16016 Beans, black turtle, mature seeds, raw 184.0 1.0 cup 0 16179 Game meat, rabbit, domesticated, composite of cuts, cooked, stewed 85.0 3.0 oz 0 23491 Becf composite, separable lean only, trimmed to 1/8" fat, choice, cooked 85.0 3.0 oz 0 42129 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 07944 Turkey, white, rotisserie, deli cut 48.0 1.69 oz (1 serving) 0 13804 Beef, flank, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 0 33140 Beef, ri	02047	Salt, table	6.0	1.0 tsp	0
11028 Bamboo shoots, canned, drained solids 131.0 1.0 cup (18" slices) 0 19163 Chewing gum 3.0 1.0 stick 0 09085 Currants, zante, dried 144.0 1.0 cup 0 10013 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0 16016 Beans, black turtle, mature seeds, raw 184.0 1.0 cup 0 17179 Game meat, rabbit, domesticated, composite of cuts, cooked, stewed 85.0 3.0 oz 0 24219 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 42129 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 07944 Turkey, white, rotisserie, deli cut 48.0 1.69 oz (1 serving) 0 13804 Beef, flank, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 0 03140 Babyfood, fruit dessert, mango with tapioca 15.0 1.0 tbsp 0 23187 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, sel	23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
19163 Chewing gum 3.0 1.0 stick 0 99085 Currants, zante, dried 144.0 1.0 cup 0 10013 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0 16016 Beans, black turtle, mature seeds, raw 184.0 1.0 cup 0 17179 Game meat, rabbit, domesticated, composite of cuts, cooked, stewed 85.0 3.0 oz 0 23491 Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked 85.0 3.0 oz 0 42129 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 07944 Turkey, white, rotisserie, deli cut 48.0 1.69 oz (1 serving) 0 13864 Beef, roud, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0 3.0 oz 0 13186 Beef, roud, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 1.0 top 0 23187 Beef, rile yearable lean, and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 04	03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0
09085 Currants, zante, dried 144.0 1.0 cup 0 10013 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0 16016 Beans, black turtle, mature seeds, raw 184.0 1.0 cup 0 17179 Game meat, rabbit, domesticated, composite of cuts, cooked, stewed 85.0 3.0 oz 0 23491 Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked 85.0 3.0 oz 0 42129 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 07944 Turkey, white, rotisserie, deli cut 48.0 1.69 oz (1 serving) 0 13864 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 13864 Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.3 1.0 oz 0 23187 Beef, rib ey esteak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 04002 Lard 12.8 1.0 tbsp 0 0	11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0
10013 Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0 16016 Beans, black turtle, mature seeds, raw 184.0 1.0 cup 0 17179 Game meat, rabbit, domesticated, composite of cuts, cooked, stewed 85.0 3.0 oz 0 23491 Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked 85.0 3.0 oz 0 42129 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 07944 Turkey, white, rotisserie, deli cut 48.0 1.69 oz (1 serving) 0 13070 Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 03140 Babyfood, fruit dessert, mango with tapioca 15.0 1.0 tbsp 0 3187 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 04002 Lard 12.8 1.0 tbsp 0 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed 85.0 3.0 oz 0 <t< td=""><td>19163</td><td>Chewing gum</td><td>3.0</td><td>1.0 stick</td><td>0</td></t<>	19163	Chewing gum	3.0	1.0 stick	0
16016 Beans, black turtle, mature seeds, raw 184.0 1.0 cup 0 17179 Game meat, rabbit, domesticated, composite of cuts, cooked, stewed 85.0 3.0 oz 0 23491 Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked 85.0 3.0 oz 0 42129 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 07944 Turkey, white, rotisserie, deli cut 48.0 1.69 oz (1 serving) 0 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 13864 Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 3140 Babyfood, fruit dessert, mango with tapioca 15.0 1.0 tbsp 0 23187 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 04002 Lard 12.8 1.0 tbsp 0 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed 85.0 3.0 oz 0 19411 Snacks, potato chips, plain, salted 28.0 1.0 oz	09085	Currants, zante, dried	144.0	1.0 cup	0
17179 Game meat, rabbit, domesticated, composite of cuts, cooked, stewed 85.0 3.0 oz 0 23491 Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked 85.0 3.0 oz 0 42129 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 07944 Turkey, white, rotisserie, deli cut 48.0 1.69 oz (1 serving) 0 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 13864 Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 03140 Babyfood, fruit dessert, mango with tapioca 15.0 1.0 tbsp 0 23187 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 04002 Lard 12.8 1.0 tbsp 0 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed 85.0 3.0 oz 0 19411 Snacks, potato chips, plain, salted 28.0 1.0 oz 0 10121 Pork, fresh, variety meats and by-products, tongue, raw 28.35 <	10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
23491 Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked 85.0 3.0 oz 0 42129 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 07944 Turkey, white, rotisserie, deli cut 48.0 1.69 oz (1 serving) 0 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 13864 Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 03140 Babyfood, fruit dessert, mango with tapioca 15.0 1.0 tbsp 0 23187 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 04002 Lard 12.8 1.0 tbsp 0 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed 85.0 3.0 oz 0 19411 Snacks, potato chips, plain, salted 28.0 1.0 oz 0 10121 Pork, fresh, variety meats and by-products, tongue, raw 28.35 1.0 oz 0 16157 Chickpea flour (besan) 92.0 1.0 cup 0	16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0
42129 Bologna, beef and pork, low fat 138.0 1.0 cup pieces 0 07944 Turkey, white, rotisserie, deli cut 48.0 1.69 oz (1 serving) 0 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 13864 Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 03140 Babyfood, fruit dessert, mango with tapioca 15.0 1.0 tbsp 0 23187 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 04002 Lard 12.8 1.0 tbsp 0 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed 85.0 3.0 oz 0 19411 Snacks, potato chips, plain, salted 28.0 1.0 oz 0 10121 Pork, fresh, variety meats and by-products, tongue, raw 28.35 1.0 oz 0 16157 Chickpea flour (besan) 92.0 1.0 cup 0	17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0
07944 Turkey, white, rotisserie, deli cut 48.0 1.69 oz (1 serving) 0 13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 13864 Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 03140 Babyfood, fruit dessert, mango with tapioca 15.0 1.0 tbsp 0 23187 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 04002 Lard 12.8 1.0 tbsp 0 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed 85.0 3.0 oz 0 19411 Snacks, potato chips, plain, salted 28.0 1.0 oz 0 10121 Pork, fresh, variety meats and by-products, tongue, raw 28.35 1.0 oz 0 16157 Chickpea flour (besan) 92.0 1.0 cup 0	23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0
13070 Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 13864 Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 03140 Babyfood, fruit dessert, mango with tapioca 15.0 1.0 tbsp 0 23187 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 04002 Lard 12.8 1.0 tbsp 0 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed 85.0 3.0 oz 0 19411 Snacks, potato chips, plain, salted 28.0 1.0 oz 0 10121 Pork, fresh, variety meats and by-products, tongue, raw 28.35 1.0 oz 0 16157 Chickpea flour (besan) 92.0 1.0 cup 0	42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0
13864 Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 03140 Babyfood, fruit dessert, mango with tapioca 15.0 1.0 tbsp 0 23187 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 04002 Lard 12.8 1.0 tbsp 0 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed 85.0 3.0 oz 0 19411 Snacks, potato chips, plain, salted 28.0 1.0 oz 0 10121 Pork, fresh, variety meats and by-products, tongue, raw 28.35 1.0 oz 0 16157 Chickpea flour (besan) 92.0 1.0 cup 0	07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0
03140 Babyfood, fruit dessert, mango with tapioca 15.0 1.0 tbsp 0 23187 Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 04002 Lard 12.8 1.0 tbsp 0 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed 85.0 3.0 oz 0 19411 Snacks, potato chips, plain, salted 28.0 1.0 oz 0 10121 Pork, fresh, variety meats and by-products, tongue, raw 28.35 1.0 oz 0 16157 Chickpea flour (besan) 92.0 1.0 cup 0	13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 12.8 1.0 tbsp 0 04002 Lard 12.8 1.0 tbsp 0 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed 85.0 19411 Snacks, potato chips, plain, salted 28.0 1.0 oz 0 10121 Pork, fresh, variety meats and by-products, tongue, raw 28.35 1.0 oz 0 16157 Chickpea flour (besan)	13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
04002 Lard 12.8 1.0 tbsp 0 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed 85.0 3.0 oz 0 19411 Snacks, potato chips, plain, salted 28.0 1.0 oz 0 10121 Pork, fresh, variety meats and by-products, tongue, raw 28.35 1.0 oz 0 16157 Chickpea flour (besan) 92.0 1.0 cup 0	03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0
Chicken, broilers or fryers, leg, meat only, cooked, stewed Snacks, potato chips, plain, salted Pork, fresh, variety meats and by-products, tongue, raw Chickpea flour (besan) Snacks, potato chips, plain, salted 28.0 1.0 oz 0 10121 Pork, fresh, variety meats and by-products, tongue, raw 92.0 1.0 cup 0	23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
19411 Snacks, potato chips, plain, salted 28.0 1.0 oz 0 10121 Pork, fresh, variety meats and by-products, tongue, raw 28.35 1.0 oz 0 16157 Chickpea flour (besan) 92.0 1.0 cup 0	04002	Lard	12.8	1.0 tbsp	0
Pork, fresh, variety meats and by-products, tongue, raw 28.35 1.0 oz 0 Chickpea flour (besan) 92.0 1.0 cup 0	05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0
16157 Chickpea flour (besan) 92.0 1.0 cup 0	19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0
	10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
	16157	Chickpea flour (besan)	92.0	1.0 cup	0
	01036		124.0	0.5 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0
06963	Fish broth	244.0	1.0 cup	0
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0
01156	Cheese, goat, hard type	28.35	1.0 oz	0
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0
11518	Taro, raw	104.0	1.0 cup, sliced	0
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
19304	Molasses	337.0	1.0 cup	0
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0
16099	Peanut flour, defatted	60.0	1.0 cup	0
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0
19524	Snacks, taro chips	28.35	1.0 oz	0
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0
11080	Beets, raw	136.0	1.0 cup	0
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0
01173	Egg, white, dried	28.0	1.0 oz	0
07921	Bacon and beef sticks	28.0	1.0 oz	0
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
02020	Spices, garlic powder	3.1	1.0 tsp	0
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03930	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0
09139	Guavas, common, raw	165.0	1.0 cup	0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0
10912	Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0
19030	Syrup, fruit flavored	20.0	1.0 serving	0
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
07024	Frankfurter, chicken	85.0	3.0 oz	0
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
02043	Spices, turmeric, ground	3.0	1.0 tsp	0
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0
01033	Cheese, parmesan, hard	28.35	1.0 oz	0
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	0
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0
19107	Candies, hard	28.35	1.0 oz	0
09442	Pomegranate juice, bottled	249.0	1.0 cup	0
10878	Pork, cured, ham water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0
16095	Peanuts, virginia, raw	146.0	1.0 cup	0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
04528	Oil, walnut	13.6	1.0 tbsp	0
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
93600	Turtle, green, raw	85.0	3.0 oz	0
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0
07050	Mortadella, beef, pork	28.35	1.0 oz	0
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0
11216	Ginger root, raw	2.0	1.0 tsp	0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
01124	Egg, white, raw, fresh	33.0	1.0 large	0
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0
07068	Salami, cooked, beef	26.0	1.0 slice	0
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0
20134	Rice noodles, cooked	176.0	1.0 cup	0
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0
10909	Pork, cured, ham water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0
07019	Chorizo, pork and beef	28.35	1.0 oz	0
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0
11413	Potato flour	160.0	1.0 cup	0
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
11601	Yam, raw	150.0	1.0 cup, cubes	0
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0
01144	Egg substitute, powder	9.9	0.35 oz	0
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0
04517	Oil, grapeseed	13.6	1.0 tablespoon	0
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0
15090	Fish, scup, raw	85.0	3.0 oz	0
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
11213	Endive, raw	25.0	0.5 cup, chopped	0
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19334	Sugars, brown	3.0	1.0 tsp unpacked	0
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0
16112	Miso	17.0	1.0 tbsp	0
01007	Cheese, camembert	28.35	1.0 oz	0
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	0
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0
16055	Carob flour	103.0	1.0 cup	0
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0
04055	Oil, palm	13.6	1.0 tbsp	0
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0
43212	Bacon bits, meatless	7.0	1.0 tbsp	0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	0
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04588	Oil, oat	13.6	1.0 tbsp	0
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0
15008	Fish, carp, raw	85.0	3.0 oz	0
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43282	Quail, cooked, total edible	28.35	1.0 oz	0
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0

Salad dressing, italian dressing, commercial, reduced fat 15.0 1.0 tablespoon 15.0 1	in + n(µg) sure
Chicken, broilers or fryers, thigh, meat only, cooked, stewed 140.0 1.0 cup, chopped or diced Sweet potato, canned, syrup pack, drained solids 196.0 1.0 tbsp Babyfood, meat, veal, strained 16.0 1.0 tbsp Pork, cured, ham, center slice, country-style, separable lean only, raw 28.35 1.0 oz Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D Cheese food, pasteurized process, American, vitamin D fortified 113.0 1.0 cup	0
Sweet potato, canned, syrup pack, drained solids 196.0 1.0 cup Babyfood, meat, veal, strained 16.0 1.0 tbsp Pork, cured, ham, center slice, country-style, separable lean only, raw 28.35 Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D Cheese food, pasteurized process, American, vitamin D fortified 113.0 1.0 cup	0
Babyfood, meat, veal, strained 16.0 1.0 tbsp 10141 Pork, cured, ham, center slice, country-style, separable lean only, raw 28.35 1.0 oz 16227 Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D Cheese food, pasteurized process, American, vitamin D fortified 113.0 1.0 tbsp 1.0 tbsp 1.0 oz 110 cup	0
Pork, cured, ham, center slice, country-style, separable lean only, raw 28.35 1.0 oz Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D Cheese food, pasteurized process, American, vitamin D fortified 113.0 1.0 cup	0
Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D Cheese food, pasteurized process, American, vitamin D fortified 1.0 cup	0
01046 Cheese food, pasteurized process, American, vitamin D fortified 113.0	0
	0
Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw 113.0 4.0 oz	0
	0
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder 9.4	0
Soup, chicken broth, low sodium, canned 240.0 1.0 cup	0
43125 Beans, liquid from stewed kidney beans 240.0	0
Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz	0
Beverages, tea, instant, lemon, unsweetened 1.0 tsp, rounded	0
Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz	0
Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted 85.0	0
Margarine-like spread with yogurt, 70% fat, stick, with salt 14.0 1.0 tablespoon	0
Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz (1 serving)	0
05339 Chicken, broiler, rotisserie, BBQ, wing, meat only 51.0 1.0 wing	0
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw 85.0	0
Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated 85.0 3.0 oz	0
17107 Veal, loin, separable lean only, raw 85.0	0
01166 Cheese, mexican, queso asadero 132.0 1.0 cup, diced	0
07915 Sausage, Polish, beef with chicken, hot 55.0 1.0 serving 5 pieces	0
Frozen novelties, ice cream type, chocolate or caramel covered, with nuts 54.0 1.0 bar	0
Turkey, all classes, light meat, cooked, roasted 85.0	0
Seeds, sesame seed kernels, toasted, with salt added (decorticated) 128.0 1.0 cup	0
Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0	0
Babyfood, vegetables, carrots, strained 224.0 1.0 cup	0
Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 85.0	0
1.0 fl oz	0
Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted 85.0	0
Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted 85.0 3.0 oz	0
Leavening agents, baking powder, low-sodium 5.0	0

1402 Bevenes, Insurans, Iow codourn 1900 10 cap, grated 0 14628 Bevenes, Energy drink, AMP, sugar free 2600 1800 10 cap, grated 0 10 cap, drink, AMP, sugar free 2635 10 cap 0 10 cap, drink, AMP, sugar free 2635 10 cap 0 10 cap, drink, AMP, sugar free 2635 10 cap 0 10 cap, drink, AMP, sugar free 2635 10 cap 0 10 cap, drink, and sugar free 2635 10 cap 0 10 cap, drink, and sugar free 2635 10 cap, drink, and sugar free 2635 10 cap, drink, and sugar free 2635	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
16108 Soybeans, mature seeds, raw	43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0
1000 Cleese, blue 28.55 Best, short loin, top loin, steak, separable lean only, trimmed to 1/8° fat, select, raw 85.0 1.0 serving (cooked from 4 oz raw) 0.0 cm	14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0
23585 Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, row 85.0 1.0 serving (cooked from 4 oz raw) 0 13757 Beef, chuek, amp por roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 0 13720 Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 0 13821 Beef, chuek, shoulder clod, top black, seak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 13922 Beef, top loin petite roast, boncless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz 0 13923 Baby lood, dessert, fruit podding, principple, strained 15% 1.0 top 0 13924 Candise, carob, unoweelened 28.3 1.0 oz 0 13927 Candise, carob, unoweelened 28.3 1.0 oz 0 13928 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 147.0 1.0 prices, cooked, excluding refuse (yield from 11b 14703 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 147.0 1.0 prices, cooked, excluding refuse (yield from 11b 14704 Vogurt, plain, low fat, 12 grams protein per 8 ounce 1700 1.0 container (6 oz) 0 13929 Beer, round, top round steak, boncless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 0 14059 Beverages, KELLOGON, SPECIAL K. Procein Shake 296.0 1.0 serving 0 14059 Beverages, KELLOGON, SPECIAL K. Procein Shake 296.0 1.0 serving 0 14050 Beef, chuck, mock tender steak, boncless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14050 Beef, chuck, mock tender steak, boncless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14050 Beef, chuck, mock tender steak, boncless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14050 Beef, both, top loin, both, both (chorps,) housein, separable lean only, cooked, brai	16108	Soybeans, mature seeds, raw	186.0	1.0 cup	0
	01004	Cheese, blue	28.35	1.0 oz	0
13375 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 0 13920 Beef, thuck, shoulder clot, up blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 13921 Beef, chuck, shoulder clot, up blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 13922 Beef, top loin petite roast, boncless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz 0 13923 Beef, top loin petite roast, boncless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz 0 13923 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 147.0 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 1303 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 147.0 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 1304 147.0 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 147.0 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 147.0 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 147.0 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 1.0 picce, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 1.0 picce, cooked, excluding refuse (yield from 1	23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
1920 Beef, tenderfoin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 0.0 23041 Beef, check, shoulder clodt, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 23232 Babyfood, dessert, fruit podding, pincapple, strained 15.0 1.0 thsp 0.0 23232 Beef, top loin petite roast, boncless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz 0.0 23232 Beef, top loin petite roast, boncless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz 0.0 23234 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 147.0 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, dumberic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 47.0 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean with refuse) 1.0 piece, cooked, excluding refuse (yield from 1 lb raw mean pi	05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
Berf., chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03233 Babyfood, dessert, fruit pudding, pincapple, strained 150 1.0 tbsp 0 23252 Beef, top Join petite roast, bonoless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 850 3.0 oz 0 19071 Candies, carob, unsweetened 2835 1.0 oz 0 15110 Fish, swordfish, raw 850 3.0 oz 0 17033 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 147.0 1.0 piece, cooked, excluding refuse (yield from 11b raw meat with refuse) 0 08739 Turkey, drumstick, from whole bird, meat only, roasted 850 3.0 oz 0 13491 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 850 3.0 oz 0 14699 Beverages, KEILLOGGS, SPECIAL K Protein Shake 266 1.0 serving 0 182124 Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 93869 Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted 8.5 1.0 serving 0 23341 <t< td=""><td>13920</td><td>Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw</td><td>85.0</td><td>3.0 oz</td><td>0</td></t<>	13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
2252 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 28.35 1.0 oz 0	23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
19071 Candies, carob, unsweetened	03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0
Fish, swordfish, raw S5.0 3.0 oz 0 17033 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 147.0 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 0 17033 Turkey, drumstick, from whole bird, meat only, roasted S5.0 1.0 container (6 α) 0 18037 Turkey, drumstick, from whole bird, meat only, roasted S5.0 3.0 oz 0 18491 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled S5.0 3.0 oz 0 18495 Beverages, KELLOGGS, SPECIAL K Protein Shake 2960 1.0 serving 0 23124 Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw S5.0 3.0 oz 0 23341 Beef, loin, top loin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw S5.0 3.0 oz 0 23341 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw S5.0 3.0 oz 0 23342 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw S5.0 3.0 oz 0 23343 Beef, loin, bol loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw S5.0 3.0 oz 0 23344 Beef, loin, bol loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw S5.0 3.0 oz 0 2335 Ege custards, dry mix, prepared with 2% milk 141.0 0.5 cup 0 240699 Oil, industrial, soy, low linolenic 140 1.0 tablespoon 0 24070 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, unheated S5.0 3.0 oz 0 24070 Pork, treeth, lam, slice, bone-in, separable lean and fat, unheated S5.0 1.0 serving (3 oz) 0 24070 Frankfurter, beef, low fat 5.0 1.0 trankfurter 0 24170 Frankfurter, beef, low fat 0.0 trankfurter 0 24281 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.3 1.0 oz 0	23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled 147.0 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 170.0 1.1 container (6 oz) 0.0 1.2 container (6 oz) 0.0 1.3 yogurt, plain, low fat, 12 grams protein per 8 ounce 1.3 yogurt, plain, low fat, 12 grams protein per 8 ounce 1.3 yogurt, plain, low fat, 12 grams protein per 8 ounce 1.3 yogurt, plain, low fat, 12 grams protein per 8 ounce 1.3 yogurt, plain, low fat, 12 grams protein per 8 ounce 1.3 yogurt, plain, low fat, 12 grams protein per 8 ounce 1.4 yogurt, plain, low fat, 12 grams protein per 8 ounce 1.5 yogurt, plain, low fat, 12 grams protein per 8 ounce 1.0 container (6 oz) 0.0 1.0 container (6 oz) 0.0 1.0 container (6 oz) 0.0 1.0 serving 0.0 1.0 servi	19071	Candies, carob, unsweetened	28.35	1.0 oz	0
1703 Lamb, domestic, rb, separable lean only, trimmed to 174 'fat, choice, cooked, broiled 14/0	15110	Fish, swordfish, raw	85.0	3.0 oz	0
05739 Turkey, drumstick, from whole bird, meat only, roasted 85.0 3.0 oz 0 13491 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 0 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 1.0 serving 0 23124 Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 03869 Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted 8.5 1.0 scoop 0 23341 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 04699 Oil, industrial, soy, low linolenic 14.0 1.0 tablespoon 0 19205 Egg custards, dry mix, prepared with 2% milk 141.0 0.5 cup 0 01237 Ice cream, bar or stick, chocolate covered 50.0 1.0 bar 0 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, unheated 85.0 1.0 serving (3 oz) 0 1051 Beans, white, mature seeds, canned<	17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0		0
13491 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 1.0 serving 0 14059 Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 1.0 serving 0 0 0 0 0 0 0 0 0	01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
Beverages, KELLOGG'S, SPECIAL K Protein Shake 296.0 1.0 serving 0	05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0
23124 Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 03869 Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted 8.5 1.0 scoop 0 23341 Beef, Ioin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 04699 Oil, industrial, soy, low linolenic 14.0 1.0 tablespoon 0 19205 Egg custards, dry mix, prepared with 2% milk 141.0 0.5 cup 0 01237 Ice cream, bar or stick, chocolate covered 50.0 1.0 bar 0 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 85.0 3.0 oz 0 10939 Pork, cured, ham, slice, bone-in, separable lean and fat, unheated 85.0 1.0 serving (3 oz) 0 16051 Beans, white, mature seeds, canned 262.0 1.0 cup 0 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 0 42179 Frankfurter, beef, low fat 57.0	13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted 8.5 1.0 scoop 0	14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0
23341 Beef, Join, top Join steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 04699 Oil, industrial, soy, Jow linolenic 14.0 1.0 tablespoon 0 19205 Egg custards, dry mix, prepared with 2% milk 141.0 0.5 cup 0 01237 Ice cream, bar or stick, chocolate covered 50.0 1.0 bar 0 10033 Pork, fresh, Join, blade (chops), bone-in, separable lean only, cooked, braised 85.0 3.0 oz 0 10939 Pork, cured, ham, slice, bone-in, separable lean and fat, unheated 85.0 1.0 serving (3 oz) 0 16051 Beans, white, mature seeds, canned 262.0 1.0 cup 0 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 0 42179 Frankfurter, beef, Jow fat 57.0 1.0 frankfurter 0 07969 Kielbasa, fully cooked, pan-fried 370.0 1.0 link 0 13885 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 14223 Beverages, cofffee, instant, chicory 29.9	23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04699 Oil, industrial, soy, low linolenic 14.0 1.0 tablespoon 0 19205 Egg custards, dry mix, prepared with 2% milk 141.0 0.5 cup 0 01237 Ice cream, bar or stick, chocolate covered 50.0 1.0 bar 0 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 85.0 3.0 oz 0 10939 Pork, cured, ham, slice, bone-in, separable lean and fat, unheated 85.0 1.0 serving (3 oz) 0 16051 Beans, white, mature seeds, canned 262.0 1.0 cup 0 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 0 42179 Frankfurter, beef, low fat 57.0 1.0 frankfurter 0 07969 Kielbasa, fully cooked, pan-fried 370.0 1.0 link 0 13885 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 14223 Beverages, coffee, instant, chicory 29.9 1.0 fl oz 0 23217 Beef, plate steak, boneles	03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0
19205 Egg custards, dry mix, prepared with 2% milk 141.0 0.5 cup 0 01237 Ice cream, bar or stick, chocolate covered 50.0 1.0 bar 0 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 85.0 3.0 oz 0 10939 Pork, cured, ham, slice, bone-in, separable lean and fat, unheated 85.0 1.0 serving (3 oz) 0 16051 Beans, white, mature seeds, canned 262.0 1.0 cup 0 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 0 42179 Frankfurter, beef, low fat 57.0 1.0 frankfurter 0 07969 Kielbasa, fully cooked, pan-fried 370.0 1.0 link 0 13885 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 14223 Beverages, coffee, instant, chicory 29.9 1.0 fl oz 0 23217 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0	23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
01237 Ice cream, bar or stick, chocolate covered 50.0 1.0 bar 0 10033 Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 85.0 3.0 oz 0 10939 Pork, cured, ham, slice, bone-in, separable lean and fat, unheated 85.0 1.0 serving (3 oz) 0 16051 Beans, white, mature seeds, canned 262.0 1.0 cup 0 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 0 42179 Frankfurter, beef, low fat 57.0 1.0 frankfurter 0 07969 Kielbasa, fully cooked, pan-fried 370.0 1.0 link 0 13885 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 14223 Beverages, coffee, instant, chicory 29.9 1.0 fl oz 0 23217 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0	04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0
Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised 85.0 1.0 serving (3 oz) Pork, cured, ham, slice, bone-in, separable lean and fat, unheated 85.0 1.0 serving (3 oz) Beans, white, mature seeds, canned 262.0 1.0 cup Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) Frankfurter, beef, low fat 57.0 1.0 frankfurter Prankfurter, beef, low fat 57.0 1.0 link Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz Devenue of the serving (3 oz) Beverages, coffee, instant, chicory 29.9 1.0 fl oz Devenue of the serving (3 oz) Output Devenue of t	19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0
Pork, cured, ham, slice, bone-in, separable lean and fat, unheated 85.0 1.0 serving (3 oz) 0 16051 Beans, white, mature seeds, canned 262.0 1.0 cup 0 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 0 42179 Frankfurter, beef, low fat 57.0 1.0 frankfurter 0 70969 Kielbasa, fully cooked, pan-fried 370.0 1.0 link 0 13885 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 14223 Beverages, coffee, instant, chicory 29.9 1.0 fl oz 0 23217 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0	01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0
Beans, white, mature seeds, canned 262.0 1.0 cup 0 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 0 42179 Frankfurter, beef, low fat 57.0 1.0 frankfurter 0 07969 Kielbasa, fully cooked, pan-fried 370.0 1.0 link 0 13885 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 14223 Beverages, coffee, instant, chicory 29.9 1.0 fl oz 0 23217 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0	10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 0 42179 Frankfurter, beef, low fat 57.0 1.0 frankfurter 0 07969 Kielbasa, fully cooked, pan-fried 370.0 1.0 link 0 13885 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 14223 Beverages, coffee, instant, chicory 29.9 1.0 fl oz 0 23217 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0	10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0
Frankfurter, beef, low fat 57.0 1.0 frankfurter 0 Kielbasa, fully cooked, pan-fried 370.0 1.0 link 0 Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 1.0 oz 0 Beverages, coffee, instant, chicory 29.9 1.0 fl oz 0 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0	16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0
07969Kielbasa, fully cooked, pan-fried370.01.0 link013885Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw28.351.0 oz014223Beverages, coffee, instant, chicory29.91.0 fl oz023217Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw85.03.0 oz0	17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35 Beverages, coffee, instant, chicory 29.9 23217 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0	42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0
Beverages, coffee, instant, chicory 29.9 1.0 fl oz 0 23217 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0	07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0
Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0	13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
	14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0
04044 Oil, soybean, salad or cooking 13.6	23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
	04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0
07007	Bologna, beef	30.0	1.0 slice	0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0
19147	Candies, peanut bar	28.35	1.0 oz	0
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0
19366	Toppings, pineapple	340.0	1.0 cup	0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0
01023	Cheese, gruyere	28.35	1.0 oz	0
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0
09298	Raisins, seedless	165.0	1.0 cup, packed	0
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
07031	Ham salad spread	15.0	1.0 tbsp	0
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0
02053	Vinegar, distilled	14.9	1.0 tbsp	0
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0
10885	Pork, cured, ham water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0
07912	Roast beef spread	57.0	1.0 serving .25 cup	0
43483	Millet, puffed	21.0	1.0 cup	0
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0
15033	Fish, haddock, raw	85.0	3.0 oz	0
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0
04532	Oil, hazelnut	13.6	1.0 tablespoon	0
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
01114	Whey, sweet, fluid	246.0	1.0 cup	0
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
17332	Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
04037	Oil, rice bran	13.6	1.0 tablespoon	0
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0

1990 Pirk, currel, ham with natural juices, whole, homeless, separable lean and fat, unheated 23.35 3.0 oz 0.0 1713 Veal, shoulder, blade chop, separable kan only, raw 88.0 3.0 oz 0.0 1719 Sour ceam, light Core cam, ligh	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
1913 Veal, shoulder, black-chop, squandle lean only, raw 1972 Sour cream, light 120 1.0 biblispoon 1.0 or 1.0	13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0
10179 Sour ceam, light	10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
07925 Patrami, beef, 9% fai-free 57.0 1.0 serving 6 stices 0 079268 Princepple, canned, juice pack, solids and liquids 229.0 1.0 cup, crashed, slored, or low, solids 0 11416 Bescrages, carbonated, limeds, high eaffeine 253.0 8.0 3.0 oz 0 1595 Fish, mackerel, spanish, raw 85.0 3.0 oz 3.0 oz 0 23386 Beef, fish, np join steak, bomeless, lip on, separable lean only, trimmed to 18° fat, all grades, raw 85.0 1.0 unit (yield from 18 bready-to-cock chicken) 0 23633 Beef, chuck, arm por mosst, separable lean only, trimmed to 18° fat, select, cocked, braised 85.0 1.0 unit (yield from 18 bready-to-cock chicken) 0 23633 Beef, chuck, arm por mosst, separable lean and fat, trimmed to 0° fat, choice, cocked, braised 85.0 3.0 oz 3.0 oz 0 23634 Beef, chuck, arm por mosst, separable lean and fat, trimmed to 0° fat, choice, cocked, praised 85.0 3.0 oz 3.0 oz 0 23639 Beef, chuck, mack ender seatch, boneless, lip off, separable lean and fat, trimmed to 0° fat, all grades, raw 85.0 3.0 oz 3.0 oz 0 23639	17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0
1928 Pineapple, canned, jnice pack, solids and liquids 2490 1.0 cup, crushed, sliced, or chunks 0.0 1416S Revenges, carbonaed, limeade, lipic offerine 2530 2530 1.0 cup 0.0 15181 Fili, nuckroal, spends, in meade, lipic offerine 2530 2530 2530 2530 0.0 cup 0.0 15386 Reef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1.8" fat, all grades, raw 850 1.0 unit (yield from 11b ready-to-cook chicken) 0.0 15263 Reef, chuck, amp not rosts, separable lean only, trimmed to 1.8" fat, all grades, raw 850 1.0 unit (yield from 11b ready-to-cook chicken) 0.0 15263 Reef, chuck, amp not rosts, separable lean and skin, with added olorition, cooked, roststed 850 2.0 unit (yield from 11b ready-to-cook chicken) 0.0 15264 Beef, Lioin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 850 3.0 oz 0.0 15289 Beef, duck, amok tender steak, boneless, separable lean and fat, trimmed to 0" fat, diplaces, raw 850 3.0 oz 0.0 15290 Spires, nuture, ground 1.0 unit (yield from 11b ready-to-cook chicken) 0.0 15291 Definition formula, MEAD JOHNSON, PREGISTIMIL, with iron, powder, not reconstituted 8.8 1.0 scoop 0.0 1520 Definition formula, MEAD JOHNSON, PREGISTIMIL, with iron, powder, not reconstituted 8.8 1.0 scoop 0.0 1520 Portatos, bash brown, frozen, plain, prepared, pan fried in carola oil 1500 1.0 cap prepared 0.0 1524 Molluske, oyster, eastern, wild, cooked, dry heat 1.0 carola oil 1500 1.0 cap prepared 0.0 1524 Molluske, oyster, eastern, wild, cooked, dry heat 1.0 carola oil 1.0 cap 0.0 1524 Beef, ground, 95% lean meat 77% fat, raw 1.0 cap 0.0 1524 Beef, ground, 95% lean meat 77% fat, raw 1.0 cap 0.0 1524 Beef, ground, 95% lean meat 77% fat, raw 1.0 cap 0.0 1524 Beef, ground, 95% lean meat 77% fat, raw 1.0 cap 0.0 1524 Syrups, table blends, cane and 15% rapper lean and plat, trimmed	01179	Sour cream, light	12.0	1.0 tablespoon	0
14166 Reverages, carbonated, limeate, high carfeine 2530 3.0 cu 0.0	07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0
15051 Fish, mackerel, spanish, raw	09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0
23386 Beef, loin, top loin steak, boncless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw 85.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.0 0.0058 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter 84.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.0 0.0073 Turkey from whole, light meat, meat and skin, with added solution, cooked, trosted 85.0 3.0 oz 0.0 0.0073 Turkey from whole, light meat, meat and skin, with added solution, cooked, rosted 85.0 3.0 oz 0.0 0.0075 Spices, nutureg, ground 2.2 1.0 tsp 0.0 0.0075 Spices, nutureg, ground 85.0 3.0 oz 0.0 0.0075 Port, fresh, loin, country-syste ribs, separable lean and fat, boneless, cooked, rosated 188.0 1.0 on ke 0.0 0.0075 Port, fresh, loin, country-syste ribs, separable lean only, raw 113.0 4.0 oz 0.0 0.0075 Lamb, New Zealand, imported, traderloin, separable lean only, raw 113.0 4.0 oz 0.0 0.0075 Beef, ground, 93% lean meat 7 % fat, raw 113.0 4.0 oz 0.0 0.0075 Beef, fouck, blade rosat, separable lean only, trimmed to 1/8" fat, select, raw 12.0 1.0 can (5 oz) 0.0 0.0075 Beef, place skab, boneless, outside skir, separable lean only, trimmed to 0 fat, select, cooked, grilled 85.0 3.0 oz 0.0 0.0075 Beef, place skab, boneless, outside skir, separable lean only, trimmed to 0 fat, select, cooked, grilled 85.0 1.0 cup (5 fl. oz)	14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0
05058 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter 84.0 1.0 unit (yield from I Ib ready-to-cook chicken) 0 23633 Beef, chuck, arm por troax, separable lean only, trimmed to 1/8" fat, select, cooked, braised 28.55 1.0 or 0 05703 Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted 85.0 3.0 oz 0 05703 Furkey from whole, light meat, meat and skin, with added solution, cooked, roasted 85.0 3.0 oz 0 05703 Spices, nutmeg, ground 2.2 1.0 tep 0 02025 Spices, nutmeg, ground 2.2 1.0 tep 0 02025 Spices, nutmeg, ground 8.0 3.0 oz 0 03821 Infant formula, MEAD JOINSON, PREGESTIMIL, with iron, powder, not reconstituted 8.8 1.0 scoop 0 03821 Infant formula, MEAD JOINSON, PREGESTIMIL, with iron, powder, not reconstituted 8.8 1.0 cup prepared 0 03821 Infant formula, MEAD JOINSON, PREGESTIMIL, with iron, powder, not reconstituted 8.5 1.0 cup prepared 0 17385 Lamb, New Zealand, imported, tenderloin, separable lean	15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0
23633 Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised 8.50 3.0 oz 0.0	23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
05703 Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted 85.0 3.0 oz 0 13446 Beef, Join, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 0 20025 Spices, nutureg, ground 2.2 1.0 tsp 0 23809 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 03821 Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted 8.8 1.0 scoop 0 16993 Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted 138.0 1.0 rack 0 11391 Potatoes, hash brown, frozen, plain, prepared, pan fried in canol oil 150.0 1.0 cup prepared 0 11395 Lamb, New Zealand, imported, tendertoin, separable lean only, raw 113.0 4.0 oz 0 15244 Mollusks, oyster, eastern, wild, cooked, dry beat 85.0 3.0 oz 0 05277 Chicken, camed, meat orly, with broth 142.0 1.0 cun Go 0 13819 Beef, plate steak, boneles	05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
13446 Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 2.2 1.0 tsp 0.0	23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
02025 Spices, nutmeg, ground 2.2 1.0 tsp 0 23089 Beef, chuck, mock tender steak, boncless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 03821 Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted 8.8 1.0 scoop 0 10993 Pork, fresh, loin, country-style ribs, separable lean and fat, boncless, cooked, roasted 138.0 1.0 cup prepared 0 11391 Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil 150.0 1.0 cup prepared 0 17385 Lamb, New Zealand, imported, tenderloin, separable lean only, raw 113.0 4.0 oz 0 15244 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 3.0 oz 0 23472 Beef, ground, 93% lean mean /7% fat, raw 113.0 4.0 oz 0 23472 Beef, plate steak, boncless, outside skirt, separable lean only, trimmed to 1/8" fat, select, raw 28.35 1.0 cun (5 oz) 0 23172 Beef, plate steak, boncless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 03995 I	05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0
23089 Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0.0	13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
03821 Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted 8.8 1.0 scoop 0 10993 Pork, fresh, Ioin, country-style ribs, separable lean and fat, boneless, cooked, roasted 1380 1.0 cup prepared 0 11391 Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil 1500 1.0 cup prepared 0 17385 Lamb, New Zealand, imported, tenderloin, separable lean only, raw 113.0 4.0 oz 0 15244 Mollusks, oyster, castern, wild, cooked, dry heat 85.0 3.0 oz 0 23472 Beef, ground, 93% lean meat /7% fat, raw 113.0 4.0 oz 0 23472 Beef, ground, 93% lean meat /7% fat, raw 113.0 1.0 can (5 oz) 0 23472 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw 28.35 1.0 oz 0 23172 Beef, plate steak, bancless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 39361 Syrups, table blends, cane and 15% maple 315.0 1.0 clu 0 10034 Pork, fresh, shoulder, (Boston but), blade (steaks), s	02025	Spices, nutmeg, ground	2.2	1.0 tsp	0
10993 Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted 138.0 1.0 rack 0 11391 Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil 150.0 1.0 cup prepared 0 17385 Lamb, New Zealand, imported, tenderfoin, separable lean only, raw 113.0 4.0 oz 0 15244 Mollusks, oyster, castern, wild, cooked, dry heat 85.0 3.0 oz 0 23472 Beef, ground, 93% lean meat /7% fat, raw 113.0 4.0 oz 0 05277 Chicken, canned, meat only, with broth 142.0 1.0 can (5 oz) 0 13819 Beef, plate steak, boneless, ourside skirt, separable lean only, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 23172 Beef, plate steak, boneless, ourside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 3985 Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed 30.4 1.0 flo oz 0 19361 Syrups, table blends, cane and 15% maple 315.0 1.0 cup 0 10034 Pork, fresh, shoulder, (Boston butt), blade	23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
11391 Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil 150.0 1.0 cup prepared 0 17385 Lamb, New Zealand, imported, tenderloin, separable lean only, raw 113.0 4.0 oz 0 15244 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 3.0 oz 0 23472 Beef, ground, 93% lean meat / 7% fat, raw 113.0 4.0 oz 0 05277 Chicken, canned, meat only, with broth 142.0 1.0 can (5 oz) 0 13819 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw 28.35 1.0 oz 0 23172 Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 03985 Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed 30.4 1.0 floz 0 19361 Syrups, table blends, cane and 15% maple 315.0 1.0 cup 0 1084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0 16124 Soy sauce made from soy (tamari) 18.0 1.0 cup, cr	03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0
17385 Lamb, New Zealand, imported, tenderloin, separable lean only, raw 113.0 4.0 oz 0 15244 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 3.0 oz 0 23472 Beef, ground, 93% lean meat / 7% fat, raw 113.0 4.0 oz 0 05277 Chicken, canned, meat only, with broth 142.0 1.0 can (5 oz) 0 13819 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw 28.35 1.0 oz 0 23172 Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 03985 Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed 30.4 1.0 rlg 0 19361 Syrups, table blends, cane and 15% maple 315.0 1.0 cup 0 1084 Pork, fresh, shoulder, Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0 16445 Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C 238.0 1.0 cup (8 fl oz) 0 16124 Soy sauce made from soy (tamari) 18.0 1.0 cup, crumbled 0 17388 Lamb, New	10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0
15244 Mollusks, oyster, eastern, wild, cooked, dry heat 85.0 3.0 oz 0 23472 Beef, ground, 93% lean meat / 7% fat, raw 113.0 4.0 oz 0 05277 Chicken, canned, meat only, with broth 142.0 1.0 can (5 oz) 0 13819 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw 28.35 1.0 oz 0 23172 Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 03985 Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed 30.4 1.0 cup 0 19361 Syrups, table blends, cane and 15% maple 315.0 1.0 cup 0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0 14645 Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C 238.0 1.0 cup (8 fl oz) 0 16124 Soy sauce made from soy (tamari) 18.0 1.0 cup, crumbled 0 17388 Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted 85.0 3.0 oz 0 23598 <td>11391</td> <td>Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil</td> <td>150.0</td> <td>1.0 cup prepared</td> <td>0</td>	11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0
23472 Beef, ground, 93% lean meat / 7% fat, raw 113.0 4.0 oz 0 05277 Chicken, canned, meat only, with broth 142.0 1.0 can (5 oz) 0 13819 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw 28.35 1.0 oz 0 23172 Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 03985 Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed 30.4 1.0 fl oz 0 19361 Syrups, table blends, cane and 15% maple 315.0 1.0 cup 0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0 16124 Soy sauce made from soy (tamari) 18.0 1.0 cup (8 fl oz) 0 16124 Soy sauce made from soy (tamari) 18.0 1.0 cup, crumbled 0 17388 Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted 85.0 3.0 oz 0 23598 Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 28.35 1.0 oz 0 0	17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0
05277 Chicken, canned, meat only, with broth 142.0 1.0 can (5 oz) 0 13819 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw 28.35 1.0 oz 0 23172 Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 03985 Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed 30.4 1.0 fl oz 0 19361 Syrups, table blends, cane and 15% maple 315.0 1.0 cup 0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0 14645 Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C 238.0 1.0 cup (8 fl oz) 0 16124 Soy sauce made from soy (tamari) 18.0 1.0 tbsp 0 01019 Cheese, feta 150.0 1.0 cup, crumbled 0 17388 Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted 85.0 3.0 oz 0 23598 Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 28.5 1.0 patty (cooked from 4 oz raw)	15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0
Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw 28.35 1.0 oz 0 8eef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 3985 Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed 30.4 1.0 fl oz 0 85.0 1.0 cup 0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 1.0 cup 1	23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0
Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 03985 Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed 30.4 1.0 fl oz 03985 Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed 30.4 1.0 cup 04 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 1.0 cup 10084 Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C 238.0 1.0 cup (8 fl oz) 04 1019 Cheese, feta 150.0 1.0 cup, crumbled 05 17388 Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted 85.0 3.0 oz 06 23598 Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 28.35 1.0 patty (cooked from 4 oz raw) 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice 14.0 0.75 cup (1 NLEA serving)	05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0
03985 Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed 30.4 1.0 fl oz 0 19361 Syrups, table blends, cane and 15% maple 315.0 1.0 cup 0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0 14645 Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C 238.0 1.0 cup (8 fl oz) 0 16124 Soy sauce made from soy (tamari) 18.0 1.0 tbsp 0 01019 Cheese, feta 150.0 1.0 cup, crumbled 0 17388 Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted 85.0 3.0 oz 0 23598 Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 28.35 1.0 patty (cooked from 4 oz raw) 0 05668 Ground turkey, 85% lean, 15% fat, raw 85.0 1.0 patty (cooked from 4 oz raw) 0 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice 14.0 0.75 cup (1 NLEA serving) 0	13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
19361 Syrups, table blends, cane and 15% maple 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 10084 Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C 10084 Soy sauce made from soy (tamari) 10085 Cheese, feta 1100 Chee	23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0 14645 Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C 238.0 1.0 cup (8 fl oz) 0 16124 Soy sauce made from soy (tamari) 18.0 1.0 cup, crumbled 0 17388 Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted 85.0 3.0 oz 0 23598 Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 28.35 1.0 oz 0 05668 Ground turkey, 85% lean, 15% fat, raw 0 0 0 0 0 0 0 0 0 0 0 0 0	03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0
Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C 238.0 1.0 cup (8 fl oz) 016124 Soy sauce made from soy (tamari) 18.0 1.0 cup, crumbled 01019 Cheese, feta 150.0 1.0 cup, crumbled 0 17388 Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted 85.0 3.0 oz 0 05668 Ground turkey, 85% lean, 15% fat, raw 05668 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice 14.0 0.75 cup (1 NLEA serving)	19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0
16124 Soy sauce made from soy (tamari) 18.0 1.0 tbsp 0 01019 Cheese, feta 150.0 1.0 cup, crumbled 0 17388 Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted 85.0 23598 Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 28.35 1.0 oz 0 05668 Ground turkey, 85% lean, 15% fat, raw 85.0 1.0 patty (cooked from 4 oz raw) 0 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice 14.0 0.75 cup (1 NLEA serving)	10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0
Cheese, feta 150.0 1.0 cup, crumbled 17388 Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted 85.0 23598 Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 28.35 Ground turkey, 85% lean, 15% fat, raw 85.0 1.0 patty (cooked from 4 oz raw) 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice 14.0 0.75 cup (1 NLEA serving)	14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0
Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted 23598 Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 28.35 1.0 oz 0 05668 Ground turkey, 85% lean, 15% fat, raw 85.0 1.0 patty (cooked from 4 oz raw) 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice 14.0 0.75 cup (1 NLEA serving)	16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 28.35 1.0 oz 0.05668 Ground turkey, 85% lean, 15% fat, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice 14.0 0.75 cup (1 NLEA serving) 0.00000000000000000000000000000000000	01019	Cheese, feta	150.0	1.0 cup, crumbled	0
O5668 Ground turkey, 85% lean, 15% fat, raw 85.0 1.0 patty (cooked from 4 oz raw) 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice 14.0 0.75 cup (1 NLEA serving)	17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice 14.0 0.75 cup (1 NLEA serving) 0	23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0
	05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 85.0	08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0
	13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04575	Fat, turkey	12.8	1.0 tbsp	0
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0
10866	Pork, cured, ham water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	85.0	3.0 oz	0
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0

14288 Whipped cream substitute, directic, made from powdered mix 32.3 1.0 ft oz 14028 Beverages, Whipped Zero, Furth-Bavored, non-carbonated 29.6 1.0 ft oz 14067 Lapins, manure seeds, raw 1800 1.0 cap 23319 Beef, Australian, imported, Wagyu, Ioin, top Ioin steak/roast, boueless, separable lean and fat, Aust, marble seed 47, raw 1410 4.0 oz 23319 Beef, Australian, imported, Wagyu, Ioin, top Ioin steak/roast, boueless, separable lean and fat, Aust, marble seed 47, raw 1410 4.0 oz 23568 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned 85.0 3.0 oz 25666 Emit, full rump, raw 85.0 3.0 oz 25765 Emit, full rump, raw 85.0 3.0 oz 25866 Emit, full rump, raw 85.0 3.0 oz 25876 Beef, chuck, under blade center steak, boueless, Deriver Cut, separable lean only, trimmed to 0° fat, all grades, cooked, grades, cooked, graded, slice, boueless, parable lean and fat, thanked, pan-broil 85.0 3.0 oz 2588 Beef, short Ioin, porterboruse steak, separable lean and fat, thanked, pan-broil 85.0 1.0 serving (3.00) 2589 Beef, short Ioin, porterboruse steak, separable lean and fat, hanked, pan-broil 85.0 1.0 serving (3.00) 2589 Fish, salmon, chum, caumed, drained solida with bone 85.0 1.0 cap 2589 Fish, salmon, chum, caumed, drained solida with bone 85.0 3.0 oz 2589 Fish, salmon, chum, caumed, drained solida with bone 85.0 3.0 oz 2589 Fish, salmon, chum, caumed, drained solida with bone 85.0 3.0 oz 2589 Beef, New Zealand, imported, chuck eye redl. separable lean only, cooked, braised 85.0 3.0 oz 2589 Beef, New Zealand, imported, chuck eye redl. separable lean only, cooked, braised 85.0 3.0 oz 2589 Beef, New Zealand, imported, chuck eye redl. separable lean only, cooked, braised 85.0 3.0 oz 25810 Beef, Short Join, porterbouse steak, separable lean only, croked, braised 85.0 3.0 oz 25810 Beef, Short, Join, Assal, separable le	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14462 Beverages, Proped Zero, fruit-flavored, non-carbonated 29.6 1.0 fl oz	43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0
18076 Lupins, mature seeds, raw	14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0
Beef, Australian, imported, Wagyu, Ioin, top Ioin steak/roast, boneless, separable lean and fat, Aust. marble score 4.5, raw 114.0 1.0 rbsp 1.0 rb	14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0
14.0 1.0	16076	Lupins, mature seeds, raw	180.0	1.0 cup	0
23565 Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned 85.0 3.0 oz	23319		114.0	4.0 oz	0
13351 Becf, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 13351 Becf, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 12301 Becf, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 85.0 1.0 serving (3 oz) 11261 Mushrooms, white, cooked, boiled, drained, without salt 156.0 1.0 cup pieces 1211 Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D 244.0 1.0 cup 15080 Fish, salmon, chume, canned, drained solids with bone 85.0 3.0 oz 16390 Peanuts, all types, dry-roasted, without salt 146.0 1.0 cup 23405 Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, broiled 85.0 3.0 oz 23555 Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 23707 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 2306 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 13466 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 14031 Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories 240.0 8.0 fl oz 2306 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 1.0 flow grades, cooked, grilled 1.0 flow 13646 1.0 flow and content with ARA and DHA 1.0	04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz	23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
2301 Becf, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw 85.0 3.0 oz 10916 Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 serving (3 oz) 11261 Mushrooms, white, cooked, boiled, drained, without salt 156.0 1.0 cup pieces 1127 Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D 244.0 1.0 cup 15080 Fish, salmon, chum, canned, drained solids with bone 85.0 3.0 oz 16390 Peanuts, all types, dry-roasted, without salt 146.0 1.0 cup 23405 Becf, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised 85.0 1.0 serving 23655 Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 23655 Beef, flank, steak, separable lean only, with added solution, raw 114.0 4.0 oz 23655 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 3166 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 4031 Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories 240.0 8.0 flox 23105 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 23105 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 31.6 1.0 flox 1.0 cup 1.0	05626	Emu, full rump, raw	85.0	3.0 oz	0
10916 Pork, cured, ham — water added, slice, boneless, separable lean and fat, heated, pan-broil 156.0 1.0 serving (3 oz)	13351		85.0	3.0 oz	0
11261 Mushrooms, white, cooked, boiled, drained, without salt 156.0 1.0 cup pieces	23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
01211 Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D 244.0 1.0 cup 15080 Fish, salmon, chum, canned, drained solids with bone 85.0 3.0 oz 16390 Peanuts, all types, dry-roasted, without salt 146.0 1.0 cup 23405 Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised 85.0 1.0 serving 23655 Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 07028 Ham, sliced, packaged (96% fat free, water added) 23.0 1.0 slice 13466 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 14031 Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories 240.0 8.0 fl oz 20048 Vinegar, cider 14.9 1.0 tbsp 23105 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 03844 Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA </td <td>10916</td> <td>Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil</td> <td>85.0</td> <td>1.0 serving (3 oz)</td> <td>0</td>	10916	Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
Fish, salmon, chum, canned, drained solids with bone 85.0 1.0 cup Peanuts, all types, dry-roasted, without salt 146.0 1.0 cup 23405 Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised 85.0 1.0 serving 23655 Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 07028 Ham, sliced, packaged (96% fat free, water added) 23.0 1.0 slice 13466 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 14031 Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories 240.0 8.0 fl oz 23105 2400 8.0 fl oz 2400 8.0 fl oz 2400 8.0 fl oz 2400 3.0 oz 4.0 defer, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 3.0 oz 4.0 fl oz 1.0 tbsp 1.0 fl oz 1.1 fl oz 1.1 fl oz 1.1 fl oz 1.2 fl oz 1.3 fl oz 1.3 fl oz 1.3 fl oz 1.4 fl oz 1.4 fl oz 1.4 fl oz 1.5 fl oz	11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0
Peanuts, all types, dry-roasted, without salt 146.0 1.0 cup 23405 Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised 23655 Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 07028 Ham, sliced, packaged (96% fat free, water added) 23.0 1.0 slice 13466 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 14031 Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories 240.0 8.0 fl oz 02048 Vinegar, cider 14.9 1.0 tbsp 23105 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 103844 Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA 04661 Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners 13.6 1.0 tbsp 11031 Lima beans, immature seeds, raw 156.0 1.0 cup 11430 Radishes, oriental, raw	01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0
Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised 85.0 3.0 oz 85.0 3.0 oz 85.0 5.0 5.0 5.0 5.0 5.0 5.0 5.	15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0
Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 07028 Ham, sliced, packaged (96% fat free, water added) Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 14031 Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories 240.0 8.0 fl oz 02048 Vinegar, cider Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 185.0 3.0 oz 3.0 oz 3.0 oz 3.0 oz 3.1 oz 3.	16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0
Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 07028 Ham, sliced, packaged (96% fat free, water added) 23.0 1.0 slice 13466 Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 14031 Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories 240.0 8.0 fl oz Vinegar, cider 14.9 1.0 tbsp 23105 Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA 04661 Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners 13.6 1.0 tbsp 11031 Lima beans, immature seeds, raw 116.0 1.0 cup 116.0	23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0
Ham, sliced, packaged (96% fat free, water added) Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories 240.0 8.0 fl oz Winegar, cider Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners 13.6 1.0 tbsp Lima beans, immature seeds, raw 156.0 Radishes, oriental, raw	23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories Vinegar, cider Seef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners 13.6 1.0 tbsp 1.0 tlsp 1.0 fl oz Radishes, oriental, raw 116.0 1.0 cup slices	05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0
Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories 240.0 8.0 fl oz Vinegar, cider Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners 13.6 1.0 tbsp Lima beans, immature seeds, raw 156.0 1.0 cup 11430 Radishes, oriental, raw	07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0
Vinegar, cider Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners 13.6 1.0 tbsp 1.0 fl oz 1.0 tbsp 1.0 tbsp 1.0 tup 1.10 cup 1.10 cup 1.10 cup slices	13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners Lima beans, immature seeds, raw 156.0 1.0 cup Radishes, oriental, raw 116.0 1.0 cup slices	14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0
grades, cooked, grilled 1.0 fl oz	02048	Vinegar, cider	14.9	1.0 tbsp	0
reconstituted, with ARA and DHA Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners Lima beans, immature seeds, raw 13.6 1.0 tbsp 156.0 1.0 cup 11430 Radishes, oriental, raw 116.0 1.0 cup slices	23105		85.0	3.0 oz	0
11031Lima beans, immature seeds, raw156.01.0 cup11430Radishes, oriental, raw116.01.0 cup slices	03844		31.6	1.0 fl oz	0
11430 Radishes, oriental, raw 116.0 1.0 cup slices	04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0
	11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0
10014 Pork, fresh, leg (ham), rump half, separable lean only, raw 85.0	11430	Radishes, oriental, raw	116.0	1.0 cup slices	0
2.00 0Z	10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0
Beans, black turtle, mature seeds, cooked, boiled, without salt 185.0 1.0 cup	16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0
17181 Game meat, rabbit, wild, cooked, stewed 85.0	17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw 114.0 4.0 oz	23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0
42131 Milk dessert, frozen, milk-fat free, chocolate 137.0	42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19415	Snacks, potato sticks	28.35	1.0 oz	0
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
02021	Spices, ginger, ground	1.8	1.0 tsp	0
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0

15237 Fish, salmon, Atlantic, farmed, cooked, dry hear	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 18161 Beef, chuck, blade roast, separable lean and fat trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz 18216 Beef, plate steak, boneless, austide skirts, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 19353 Syrups, maple 200 1.0 thep 10081 Porfs, fresh, shoulder. (Boston but), blade (steaks), separable lean and fat, crooked, braised 85.0 3.0 oz 144640 Beergaege, Energy dins, VALUT, cirus flavor 31.0 1.0 oz 16121 Soy protein concentrate, produced by alcohol extraction 28.35 1.0 oz 16122 Soy protein concentrate, produced by alcohol extraction 28.35 1.0 oz 16123 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised 28.35 1.0 oz 16565 Giround turkey, 95% lean, 7% fat, raw 28.35 1.0 oz 167665 Giround turkey, 95% lean, 7% fat, raw 28.35 1.0 oz 167665 Giround turkey, 95% lean, 7% fat, raw 28.35 1.0 oz 167665 Giround turkey, 95% lean, 7% fat, raw 28.35 1.0 oz 167665 Giround turkey, 95% lean, 7% fat, raw 28.35 1.0 oz 167665 Giround turkey, 95% lean, 7% fat, raw 28.35 1.0 oz 167665 Giround turkey, 95% lean, 7% fat, raw 28.35 1.0 oz 167665 Giround turkey, 95% lean, 7% fat, raw 3.0 oz 167665 Giround turkey, 95% lean, 7% fat, raw 3.0 oz 167665 Giround turkey of the raw 3.0 oz 1676	15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0
13816 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0 3.0 oz	23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0
23169 Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 3082 Infant formula, MIAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed 30.4 1.0 fl oz 3083 Syrups, maple 20.0 1.0 tbsp 3084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oz 4640 Beverages, Energy drink, VAULT, citrus flavor 31.0 1.0 oz 16121 Soy protein concentrate, produced by alcohol extraction 28.35 1.0 oz 10162 Cheese, cottage, lowfat, 1% milkfat 113.0 44.0 oz 223595 Beef, brisker, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised 28.35 1.0 oz 23595 Beef, trisker, flat half, separable lean only, trimmed to 10" fat, all grades, cooked, broiled 85.0 3.0 oz 3391 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 3393 Beef, top sirion, stacks, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 23262 Beef, loin, top sirioin petite roust/fliet, boncless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 23263 Rice, brown, long-grain, raw 185.0 1.0 bar (3 oz) 23264 Rice, brown, long-grain, raw 185.0 1.0 bar (3 oz) 23265 Pork, fresh, variety meats and hyperoducts, stomach, cooked, simmered 85.0 3.0 oz 23266 Pork, fresh, variety meats and hyperoducts, stomach, cooked, simmered 85.0 3.0 oz 23267 Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled 85.0 3.0 oz 23268 Pork, fresh, variety meats and hyperoducts, stomach, cooked, grilled 85.0 3.0 oz 23269 Reef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked	05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0
Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed 30.4 1.0 fl oz	13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
19353 Syrups, maple 20.0 1.0 tbsp 10081 Pork, fresh, shoulder, (Boston burt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oz 14640 Beverages, Energy drink, VAULT, citrus flavor 31.0 1.0 oz 16121 Soy protein concentrate, produced by alcohol extraction 28.35 1.0 oz 16122 Soy protein concentrate, produced by alcohol extraction 28.35 1.0 oz 16123 Soy protein concentrate, produced by alcohol extraction 28.35 1.0 oz 16124 Soy protein concentrate, produced by alcohol extraction 28.35 1.0 oz 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised 28.35 1.0 oz 23595 Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 13391 Beef, rib, small end (rib, 1-2), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 23051 Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 23262 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 23262 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 24572 Oil, nutmeg butter 13.6 1.0 tbsp 10873 Candies, white chocolate 85.0 1.0 aur 3 oz 20036 Rice, brown, long-grain, raw 185.0 1.0 cap 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 3.0 oz 15131 Fish, whitefish, mixed species, smoked 136.0 1.0 cup, cooked 17070 Lamb, New Zealand, imported, fore-shank, separable lean only, raw 115.0 1.0 serving 24143 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 24153 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85	23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
10081 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oz 14640 Beverages, Energy drink, VALLT, citrus flavor 31.0 1.0 oz 16121 Sov protein concentrate, produced by alcohol extraction 28.35 1.0 oz 16121 Sov protein concentrate, produced by alcohol extraction 28.35 1.0 oz 16121 Sov protein concentrate, produced by alcohol extraction 28.35 1.0 oz 23395 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised 28.35 1.0 oz 15391 Beef, fib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 13930 Beef, top, sirolin, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 23262 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 23262 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 23262 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 24363 Rice, brown, long grain, raw 185.0 1.0 bap 19887 Candies, white chocolate 85.0 3.0 oz 15131 Fish, whitefish, mixed species, smoked 136.0 1.0 cup 16863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 3.0 oz 15131 Fish, whitefish, mixed species, smoked 136.0 1.0 cup 16963 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 3.0 oz 15131 Fish, whitefish, mixed species, smoked 136.0 1.0 cup 1509 Chicken, broiler or fyers, breast, skinless, boneless, separable lean only, raw 115.0 1.0 serving 1509 Seef, shouldet top blade steak, boneless, separable lea	03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0
14640 Beverages, Energy drink, VAULT, citrus flavor 31.0 1.0 oz 16121 Soy protein concentrate, produced by alcohol extraction 28.35 1.0 oz 10161 Cheese, cottage, lowfat, 1% milkfat 113.0 4.0 oz 23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised 28.35 1.0 oz 13596 Ground turkey, 93% lean, 7% fat, raw 28.35 1.0 oz 13991 Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 13930 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 85.0 3.0 oz 13930 Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 23051 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 23062 Beef, loin, top sirloin petitic roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 24072 Oil, nutneg butter 13.6 1.0 thsp 10872 Candies, white chocolate 85.0 1.0 bar (3 oz) 20036 Rice, brown, long-grain, raw 185.0 1.0 cup 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 3.0 oz 15131 Fish, whitefish, mixed species, smoked 136.0 1.0 cup, cooked 17070 Lamb, New Zealand, imported, fore-shank, separable lean only, raw 115.0 1.0 serving 0749 Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled 85.0 3.0 oz 14073 Beverages, ZEVIA, cola 355.0 1.0 can 14073 Beverages, ZEVIA, cola 355.0 3.0 oz 14073 Beverages, ZEVIA, cola 355.0 3.0 oz 14074 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 14074 Beef, chuck eye Of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, br	19353	Syrups, maple	20.0	1.0 tbsp	0
16121 Soy protein concentrate, produced by alcohol extraction 28.35 1.0 oz	10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0
113.0 4.0 oz 2355 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised 28.35 1.0 oz 25665 Ground turkey, 93% lean, 7% fat, raw 28.35 1.0 oz 3.0 oz 28.36 Beef, toil, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 28.26 Beef, loin, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 28.26 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 28.26 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 28.26 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 28.27 Dil, nutmeg butter 13.6 1.0 bsp 19087 Candies, white chocolate 85.0 1.0 bar (3 oz) 20036 Rice, brown, long-grain, raw 185.0 1.0 cup 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 3.0 oz 15131 Fish, whitefish, mixed species, smoked 136.0 1.0 cup, cooked 14070 Lamb, New Zealand, imported, fore-shank, separable lean only, raw 115.0 1.0 serving 05749 Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled 85.0 3.0 oz 07073 Sandwich spread, pork, beef 15.0 1.0 tsp 1301 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 14073 Beeverages, ZEVIA, cola 14073 Beeverages, ZEVIA, cola 1507 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 1501 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0
23595 Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised 28.35 1.0 oz 28.50 3.0 oz	16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0
1.0 oz	01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, konkiefish, mixed species, smoked Beef, sound, cye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 23262 Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 04572 Oil, nutmeg butter 13.6 1.0 tbsp 19087 Candies, white chocolate 85.0 1.0 bar (3 oz) 20036 Rice, brown, long-grain, raw 185.0 1.0 cup 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 1.0 cup 10863 Fish, whitefish, mixed species, smoked 136.0 1.0 cup, cooked 17070 Lamb, New Zealand, imported, fore-shank, separable lean only, raw 115.0 1.0 serving 05749 Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled 85.0 3.0 oz 07073 Sandwich spread, pork, beef 15.0 1.0 tbsp 13501 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 14073 Beverages, ZEVIA, cola Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 3.0 oz	13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 04572 Oil, nutmeg butter 13.6 1.0 tbsp 19087 Candies, white chocolate 85.0 1.0 bar (3 oz) 20036 Rice, brown, long-grain, raw 185.0 1.0 cup 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 136.0 1.0 cup 10863 Fish, whitefish, mixed species, smoked 136.0 1.0 cup, cooked 17070 Lamb, New Zealand, imported, fore-shank, separable lean only, raw 115.0 1.0 serving 05749 Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled 85.0 3.0 oz 07073 Sandwich spread, pork, beef 15.0 1.0 tbsp 13501 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 14073 Beverages, ZEVIA, cola Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
Oil, nutmeg butter Candies, white chocolate Rice, brown, long-grain, raw 185.0 1.0 bar (3 oz) 20036 Rice, brown, long-grain, raw 185.0 1.0 cup 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 3.0 oz 15131 Fish, whitefish, mixed species, smoked 136.0 1.0 cup, cooked 17070 Lamb, New Zealand, imported, fore-shank, separable lean only, raw 115.0 1.0 serving 05749 Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled 85.0 3.0 oz 07073 Sandwich spread, pork, beef 15.0 1.0 tbsp 13501 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 14073 Beverages, ZEVIA, cola 355.0 1.0 can 23134 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz	23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
Candies, white chocolate Rice, brown, long-grain, raw 185.0 1.0 cup 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 1.0 cup 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 1.0 cup, cooked 15131 Fish, whitefish, mixed species, smoked 136.0 1.0 cup, cooked 17070 Lamb, New Zealand, imported, fore-shank, separable lean only, raw 115.0 1.0 serving 05749 Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled 85.0 3.0 oz 07073 Sandwich spread, pork, beef 15.0 1.0 tbsp 13501 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 14073 Beverages, ZEVIA, cola 355.0 1.0 can 23134 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz	23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
Rice, brown, long-grain, raw 185.0 1.0 cup 10863 Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 1.0 cup, cooked 15131 Fish, whitefish, mixed species, smoked 136.0 1.0 cup, cooked 17070 Lamb, New Zealand, imported, fore-shank, separable lean only, raw 115.0 1.0 serving 05749 Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled 85.0 3.0 oz 07073 Sandwich spread, pork, beef 15.0 1.0 tbsp 13501 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 14073 Beverages, ZEVIA, cola 36.0 37.0 oz 23134 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, and an	04572	Oil, nutmeg butter	13.6	1.0 tbsp	0
Pork, fresh, variety meats and by-products, stomach, cooked, simmered 85.0 13.0 oz 15131 Fish, whitefish, mixed species, smoked 136.0 1.0 cup, cooked 17070 Lamb, New Zealand, imported, fore-shank, separable lean only, raw 115.0 1.0 serving 05749 Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled 85.0 3.0 oz 07073 Sandwich spread, pork, beef 15.0 1.0 tbsp 13501 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 14073 Beverages, ZEVIA, cola 3.0 oz 23134 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 3.0 oz	19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0
Fish, whitefish, mixed species, smoked 136.0 1.0 cup, cooked 17070 Lamb, New Zealand, imported, fore-shank, separable lean only, raw 115.0 1.0 serving Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled Sandwich spread, pork, beef 15.0 3.0 oz Sandwich spread, pork, beef 15.0 1.0 tbsp Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, and and and style from the fat, all grades, cooked, and and and fat, trimmed to 0" fat, all grades, cooked, and and and fat, trimmed to 0" fat, all grades, cooked, and and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and fat, trimmed to 0" fat, all grades, cooked, and and and fat, trimmed to 0" fat, all grades, cooked, and and and fat, trimmed to 0" fat, all grades, cooked, and and and fat, trimmed to 0" fat, all grades, cooked, and	20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0
Lamb, New Zealand, imported, fore-shank, separable lean only, raw Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled Sandwich spread, pork, beef Sandwich spread, pork, beef Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Severages, ZEVIA, cola Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and fat, trimmed to 0" fat, all grades, cooked, separable lean and separable lean separable	10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0
Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled Sandwich spread, pork, beef 15.0 1.0 tbsp Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beverages, ZEVIA, cola Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean and separable lean and fat, trimmed to 0" fat, all grades, cooked, and separable lean separable lean and separable lean and separable lean and separable lean and separable lean separable	15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0
Sandwich spread, pork, beef 15.0 1.0 tbsp 13501 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 14073 Beverages, ZEVIA, cola 355.0 1.0 can Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 3.0 oz	17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled Beverages, ZEVIA, cola Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, 3.0 oz	05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0
Beverages, ZEVIA, cola 355.0 1.0 can Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, 355.0 3.0 oz	07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, 85.0 3.0 oz	13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, 3.0 oz	14073	Beverages, ZEVIA, cola	355.0	1.0 can	0
23351 85.0 3.0 oz	23134		85.0	3.0 oz	0
	23351	•	85.0	3.0 oz	0
O5004 Chicken, broilers or fryers, meat and skin and giblets and neck, roasted 85.0 3.0 oz	05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0
Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted 85.0	10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled 107.0	10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0
Hyacinth beans, mature seeds, raw 210.0	16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0
09143	Guava sauce, cooked	238.0	1.0 cup	0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0
10913	Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
07025	Frankfurter, turkey	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11963	Nopales, raw	86.0	1.0 cup, sliced	0
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0
01034	Cheese, port de salut	132.0	1.0 cup, diced	0
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0
11349	Poi	240.0	1.0 cup	0
19108	Candies, jellybeans	11.0	10.0 small	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
20068	Tapioca, pearl, dry	152.0	1.0 cup	0
10879	Pork, cured, ham water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04529	Oil, almond	13.6	1.0 tablespoon	0
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0
43132	Meatballs, meatless	144.0	1.0 cup	0
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
19340	Sugars, maple	3.0	1.0 tsp	0
21142	Fast food, biscuit	55.0	1.0 biscuit	0
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0
11564	Turnips, raw	130.0	1.0 cup, cubes	0
19349	Syrups, corn, dark	328.0	1.0 cup	0
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0
16117	Soy flour, defatted	105.0	1.0 cup	0
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0
10910	Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0
42040	Syrups, grenadine	20.0	1.0 tbsp	0
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0
43026	Syrups, sugar free	240.0	1.0 cup	0
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0

1854 Rect, rith, seak riths, borne in, separable learn and fat, intimmed to I' fat, choice, cooked, brained 85.0 3.0 cz 0	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
1002 Yam. cooked, boiled, drained, or baked, without salt 136.0 1.0 cup, cubes 0 19384 Candies, drivinty, prepared-from-eccipe 11.0 1.0 piece 0 10102 Pork, fresh, variety, means and by-products, feet, ruw 28.3 1.0 or 10147 Veggie burgers or soyburgen, unprepared 70.0 1.0 partie 0 10198 Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fait fried 85.0 3.0 or 23608 Beef, round, torp round, steak, separable lean only, trimmed to 18° fat, all grades, cooked, broiled 28.35 1.0 or 23008 Beef, round, torp round, steak, separable lean only, trimmed to 18° fat, all grades, cooked, broiled 28.35 3.0 or 23019 Candies, Chocolate covered, canamed with must 1.0 piece 0.0 23011 Candies, Chocolate covered, canamed with must 1.0 piece 0.0 23041 Beef, round, bottom round rout, Separable lean only, trimmed to 0° fat, select, cooked, broiled 85.0 3.0 or 23052 Beef, fibe, yes, small end (ribs 10-12), separable lean and fat, trimmed to 0° fat, all grades, cooked, broiled 85.0 3.0 or 23064 Beef, round, control, bottom round, steak, separable lean only, trimmed to 0° fat, all grades, cooked, broiled 85.0 1.0 serving (3 or) 22275 Reaf, fibeye perite roust, brombes, separable lean only, trimmed to 0° fat, all grades, cooked, mustad 85.0 3.0 or 23282 Chicken, wing, froze, glazed, barefullow, muston tallow) 12.8 1.0 tarbitytom 0.0 23293 Chicken, wing, froze, glazed, barefullow, muston tallow) 1.0 serving 0.0 24060 Ment drippings (and, beef fullow, muston tallow) 1.0 serving 0.0 24060 Ment drippings (and, beef fullow, muston tallow) 0.0 24060 Ment drippings (and, beef fullow, muston tallow) 0.0 24060 Ment drippings (and, beef fullow, muston tallow) 0.0 24060 Ment drippings (and, beef fullow, muston tallow) 0.0 24060 Ment drippings (and, beef fullow, muston tallow) 0.0 24060 Ment drippings (and, beef fullow, must	13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
1010 1010	23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
10102 Pork, fresh, variety meats and hy-products, feet, raw 28.35 1.0 oz 0 10147 Veggie burgers or soyburgers, unperpared 700 1.0 partic 0 10798 Lamb, New Zealand, imported, brin chop, separable lean only, cooked, fast fried 850 3.0 oz 0 17998 Lamb, New Zealand, imported, brin chop, separable lean only, trimmed to 18° fat, all grades, cooked, broiled 850 3.0 oz 0 18414 Beef, round, top round, steak, separable lean only, trimmed to 0° fat, all grades, cooked, broiled 850 3.0 oz 0 18414 Beef, round, bottom round roast, separable lean only, trimmed to 0° fat, select, cooked, broiled 850 3.0 oz 0 18951 Ref, firb eye, small end (rish 10°12), separable lean and fat, trimmed to 0° fat, select, cooked, broiled 850 3.0 oz 0 18951 Ref, firb eye, small end (rish 10°12), separable lean and fat, trimmed to 0° fat, all grades, cooked, broiled 850 3.0 oz 0 18952 Ref, firb eye, small end (rish 10°12), separable lean and fat, trimmed to 0° fat, all grades, cooked, broiled 850 3.0 oz 0 18952 Ref, firbey spetiae roast, brondess, separable lean and fat, trimmed to 0° fat, all grades, croked, masted 850 1.0 serving (3 oz) 0 18952 Ref, firbey spetiae roast, brondess, separable lean only, trimmed to 0° fat, all grades, croked, masted 850 1.0 serving (3 oz) 0 18952 Olicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven) 12.8 1.0 tublespoon 0 18953 Olicken, wing, frozen, glazed, barbecue flavored, benefal (conventional oven) 2510 1.0 tublespoon 0 18965 Pork, cured, ham with natural juices, spirable lean and fat, cooked 850 3.0 oz 0 18969 Veal, composite of trimmed retail curs, separable lean and fat, cooked 850 1.0 part (1 par	11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0
16147 Veggie burgers or soyburgers, unprepared 70.0	19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0
1000 Cheese, muenster 1000 10	10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0
17398 Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried 85.0 3.0 oz 0 23608 Beef, round, top round, seak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 28.35 1.0 oz 0 23041 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted 85.0 3.0 oz 0 23042 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0 23042 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 85.0 1.0 serving (3 oz) 0 23275 Beef, ribeye petite roast, boncless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0 24275 Beef, ribeye petite roast, boncless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 85.0 1.0 serving (3 oz) 0 24275 Beef, ribeye petite roast, boncless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0 24275 Beef, ribeye petite roast, boncless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 85.0 1.0 serving (3 oz) 0 24275 Mango nectar, canned 251.0 1.0 cup 0 24276 Port, cured, ham with natural juices, spiral slice, meat only, boncless, separable lean only, heated, roasted 85.0 1.0 pat (1" sq. 1/3" high) 0 24376 Butter, without salt 1.0 cup 0 24376 Sutter, without salt 1.0 cup 0 24376 Sutter, without salt 1.0 cup 0 24376 Turkey boson, unprepared 14.0 1.0 serving 0 24376 Chicken, meatics, breaded, fried 0 1.0 serving 0 24376 Beef, chuck eye roast, honcless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, lead of the path of	16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0
2508(8) Berf, round, top round, steak, separable lean only, trimmed to 18" fat, all grades, cooked, broiled 28.55 1.0 oz 0 45031 Candies, chocolate covered, camanel with nuts 14.0 1.0 piece 0 13941 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0 3.0 oz 0 25042 Beef, rib beye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 1.0 serving 3.0 oz 0 25275 Beef, riboty per fish mast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted 85.0 1.0 serving 3.0 oz 0 4606 Meat drippings (lard, beef rallow, mutton rallow) 12.8 1.0 tablespoon 0 05520 Chicken, wing, frozen, glazed, barbecue flavored, beated (conventional oven) 96.0 1.0 serving 3.0 oz 0 0436 Mago nectar, carned 25.0 1.0 part ("sq. 13" high) 0 14876 Pork, cured, ham with natural juices, spiral slice, meat only, bencless, separable lean only, heated, roasted 85.0 1.0 part ("sq. 13" high) 0 11876 Butter, without salt 1.0 cy, cured, ham with natural piaces, sp	01030	Cheese, muenster	132.0	1.0 cup, diced	0
1401 1401	17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0
13414 Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted 85.0 3.0 oz 0.0 13951 Beef, ribey, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 23064 Beef, ribeye petitie roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 1.0 serving (3 oz) 0.0 23275 Beef, ribeye petitie roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0.0 23275 Beef, ribeye petitie roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0.0 23275 Chicken, wing, frozen, glazed, barbecue flavored, bated (conventional oven) 96.0 1.0 sterving 0.0 23276 Ohicken, wing, frozen, glazed, barbecue flavored, bated (conventional oven) 96.0 1.0 sterving 0.0 23276 Ohicken, wing, frozen, glazed, barbecue flavored, bated (conventional oven) 96.0 1.0 sterving 0.0 23276 Oracle, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted 145.0 1.0 slice 0.0 23276 Oracle, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted 145.0 1.0 slice 0.0 23280 Oracle, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted 145.0 1.0 slice 0.0 23280 Oracle, cured, ham with natural juices, spiral slice, meat only, CALLEY, CHEWY TRAIL MIX 35.0 1.0 pat (1" s. l. 13" high) 0.0 23290 Oracle, cured, ham with natural piuces, spiral slice, meat only, CALLEY, CHEWY TRAIL MIX 35.0 1.0 cup, died 0.0 23291 Oracle, cured, seed, deceat, HEALTH VALLEY, FIBER 7 Flakes 35.0 3.0 oz 0.0 23292 Oracle, chicke, cycost, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw 35.0 3.0 oz 0.0 232934 Oracle,	23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
13951 Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled 85.0 1.0 serving (3 oz) 0 0 0 0 0 0 0 0 0	43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled Society grille	13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23275 Beef, ribeye pettic roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0	13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
04606 Meat drippings (lard, beef tallow, mutton tallow) 12.8 1.0 tablespoon 0 05320 Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven) 96.0 1.0 serving 0 09436 Mango nectar, canned 251.0 1.0 cup 0 10876 Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted 145.0 1.0 sice 0 17089 Veal, composite of trimmed retail cuts, separable lean and fat, cooked 85.0 3.0 oz 0 1145 Butter, without salt 5.0 1.0 pat (1" sq. 13" high) 0 25055 Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX 35.0 1.0 pat (1" sq. 13" high) 0 07254 Turkey bacon, unprepared 14.0 1.0 serving 0 43410 Chicken, meatless, breaded, fried 130.0 1.0 cup, diced 0 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 31.0 0.75 cup (1 NLEA serving) 0 13786 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0	23064		85.0	1.0 serving (3 oz)	0
05320 Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven) 96.0 1.0 serving 0 09436 Mango nectar, canned 251.0 1.0 cup 0 10876 Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted 145.0 1.0 slice 0 17089 Veal, composite of trimmed retail cuts, separable lean and fat, cooked 85.0 3.0 oz 0 01145 Butter, without salt 5.0 1.0 pat (1" sq. 1/3" high) 0 25055 Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX 35.0 1.0 bar 0 07254 Turkey bacon, unprepared 14.0 1.0 serving 0 07254 Turkey bacon, unprepared 14.0 1.0 cup, diced 0 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 31.0 0.75 cup (1 NLEA serving) 0 13786 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 15016 Fish, cod, Atlantic, cooked, dry heat 85.0 3.0 oz 0 </td <td>23275</td> <td>Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted</td> <td>85.0</td> <td>3.0 oz</td> <td>0</td>	23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
09436 Mango nectar, canned 251.0 1.0 cup 0 10876 Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted 145.0 1.0 slice 0 17089 Veal, composite of trimmed retail cuts, separable lean and fat, cooked 85.0 3.0 oz 0 01145 Butter, without salt 5.0 1.0 pat (1" sq, 1/3" high) 0 25055 Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX 35.0 1.0 pat (1" sq, 1/3" high) 0 07254 Turkey bacon, unprepared 14.0 1.0 serving 0 43410 Chicken, meatless, breaded, fried 130.0 1.0 cup, diced 0 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 31.0 0.75 cup (1 NLEA serving) 0 13786 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 15016 Fish, cod, Atlantic, cooked, dry heat 85.0 3.0 oz 0 23147 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 85.0 <td>04606</td> <td>Meat drippings (lard, beef tallow, mutton tallow)</td> <td>12.8</td> <td>1.0 tablespoon</td> <td>0</td>	04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0
10876 Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted 145.0 1.0 slice 0 17089 Veal, composite of trimmed retail cuts, separable lean and fat, cooked 85.0 3.0 oz 0 0 0 0 0 0 0 0 0	05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0
17089 Veal, composite of trimmed retail cuts, separable lean and fat, cooked 85.0 3.0 oz 0	09436	Mango nectar, canned	251.0	1.0 cup	0
Butter, without salt S.0 1.0 pat (1" sq, 1/3" high) 0	10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0
25055 Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX 35.0 1.0 bar 0	17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0
Turkey bacon, unprepared 14.0 1.0 serving 0 43410 Chicken, meatless, breaded, fried 130.0 1.0 cup, diced 0 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 31.0 0.75 cup (1 NLEA serving) 0 13786 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 15016 Fish, cod, Atlantic, cooked, dry heat 85.0 3.0 oz 0 23147 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz 0 03947 Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA 30.5 1.0 fl oz 0 23364 Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 05023 Chicken, gizzard, all classes, raw 28.35 1.0 oz 0 05681 Chicken, dark meat, thigh, meat only, with added solution, cooked, braised 85.0 3.0 oz 0	01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0
Chicken, meatless, breaded, fried 130.0 1.0 cup, diced 0 08290 Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 31.0 0.75 cup (1 NLEA serving) 0 13786 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 15016 Fish, cod, Atlantic, cooked, dry heat 85.0 3.0 oz 0 23147 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz 0 03947 Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA 30.5 1.0 fl oz 0 23364 Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 05023 Chicken, gizzard, all classes, raw 28.35 1.0 oz 0 05681 Chicken, dark meat, thigh, meat only, with added solution, cooked, braised 85.0 3.0 oz 0	25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0
Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes 131.0 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw 15016 Fish, cod, Atlantic, cooked, dry heat Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz 0 23147 Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz 0 03947 Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA 23364 Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 0 0 0 0 0 0 0 0 0 0 0 0	07254	Turkey bacon, unprepared	14.0	1.0 serving	0
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw 15016 Fish, cod, Atlantic, cooked, dry heat Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted Beef, round, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw Beef, round, eye	43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0
raw 15016 Fish, cod, Atlantic, cooked, dry heat 15016 Fish, cod, Atlantic, cooked, dry heat 15016 Fish, cod, Atlantic, cooked, dry heat 15016 Sish, cod,	08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0
Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 85.0 1.0 fl oz Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 Chicken, gizzard, all classes, raw 28.35 Chicken, dark meat, thigh, meat only, with added solution, cooked, braised 85.0 3.0 oz 0 0 0 3.0 oz 0 3.0 oz 0 3.0 oz 0 3.0 oz 0 0 0 0 0 0 0 0 0 0 0 0 0	13786		85.0	3.0 oz	0
Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA 23364 Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 Chicken, gizzard, all classes, raw Chicken, dark meat, thigh, meat only, with added solution, cooked, braised 85.0 3.0 oz 0 05681 Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0
with ARA and DHA 23364 Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 Chicken, gizzard, all classes, raw Chicken, dark meat, thigh, meat only, with added solution, cooked, braised 85.0 3.0 oz 0 05681 Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
Chicken, gizzard, all classes, raw 28.35 1.0 oz 0 05681 Chicken, dark meat, thigh, meat only, with added solution, cooked, braised 85.0 3.0 oz 0	03947	The state of the s	30.5	1.0 fl oz	0
Chicken, dark meat, thigh, meat only, with added solution, cooked, braised 85.0 3.0 oz 0	23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
	05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0
Sweet potato, cooked, baked in skin, flesh, without salt 200.0	05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0
	11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0

1920 Claces, choldar, sharp, sliced 10 10 10 10 10 10 10 1	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10066 Pork, fresh, him, cirtain (chops or reaste), home-in, separable lean and far, raw 85.0 3.0 αz 0.0 10763 Post, Leg sition in prost, bonckess, separable lean and far, raw 113.0 4.0 αz 0.0 10763 Lamb, New Zealand, Imported, champ, home-less, separable lean only, raw 113.0 1.25 cup (I NLEA serving) 0.0 14257 Beverenges, OCEAN SPRAY, Light Cramberry 284.0 8.0 ft oz 0.0 14257 Beverenges, OCEAN SPRAY, Light Cramberry 285.0 3.0 αz 0.0 14250 Beef, Join, to parking petite reast Flitte, boncless, separable lean only, trimmed to IF fat, choice, raw 85.0 3.0 αz 0.0 13450 Reef, Join, to parking petite reast Flitte, boncless, separable lean and fat, cunked, braised 85.0 3.0 αz 0.0 13450 Reef, Join, to parking petite reast Flitte, boncless, separable lean and fat, cunked, braised 85.0 3.0 αz 0.0 13450 Reef, Join, to parking petite reast Flitte, brain and fat, trimmed to IF fat, choice, raw 85.0 3.0 αz 0.0 13450 Reef, Join, to parking petite reast Flitte, brain and fat, trimmed to IF fat, all grades, raw 85.0 3.0 αz 0.0 13751 Beest, conduct, Dorleck durined, with salt 85.0 5.5 cup sites 0.0 13795 Beest, composite of trimmed etail cuts, separable lean and fat, trimmed to IF fat, all grades, raw 114.0 4.0 αz 0.0 13795 Beef, composite of trimmed etail cuts, separable lean and fat, trimmed to IF fat, all grades, raw 114.0 4.0 αz 0.0 13796 Pork, fresh, Ioin, country-style ribs, separable lean and fat, trimmed to IF fat, all grades, raw 114.0 4.0 αz 0.0 13796 Pork, fresh, Ioin, country-style ribs, separable lean and fat, trimmed to IF fat, raw 114.0 4.0 αz 0.0 13797 Pork, criential style, debytated 22.0 1.0 cup 0.0 13798 Cereals ready-to-eat, PUST, Stredded Wheat, lightly frosted, spon-size 22.0 1.0 cup 0.0 13799 Cereals ready-to-eat, PUST, Stredded Wheat, lightly frosted, spon-size 22.0 1.0 cup 0.0 13799 Cerea	19296	Honey	339.0	1.0 cup	0
17663 Pork, Log sirloin tip rost, boncless, separable lean and fat, raw 1730 Lamb, New Zealand, imported, chump, boncless, separable lean only, raw 1130 4.0 oz 0.0	01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0
17363 Lamb, New Zealand, Imported, chump, boneless, separable lean only, raw 1130 1.25 cup (I.N.EA serving) 0 18257 Beverages, CCLEAN SPRAYA, Light CRISP RICE 33.0 1.25 cup (I.N.EA serving) 0 18262 Mollusks, clam, mixed species, canned, liquid 85.0 33.0 oz 0 18262 Mollusks, clam, mixed species, canned, liquid 85.0 33.0 oz 0 18263 Beef, Join, top sirlon petite roass/lifet, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 18264 Beef, New Zealand, Imported, brinske point cnd, separable lean and fat, cooked, braised 85.0 3.0 oz 0 18274 Beers, Cooked, boiled, drained, with sait 85.0 0.5 cup alices 0 18274 Beers, Cooked, boiled, drained, with sait 85.0 0.5 cup alices 0 18274 Beers, Cooked, boiled, drained, with sait 0 0.5 cup alices 0 18274 Beers, Cooked, boiled, drained, with sait 0 0.5 cup alices 0 0.5 cup alices 0 18274 Beers, Cooked, boiled, drained, with sait 0 0.5 cup alices 0 0.5 cu	10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
14257 Beverages, O'LAN SPRAY, Light Crumberry 248.0 8.0 ft or 0 14257 Beverages, O'LAN SPRAY, Light Crumberry 248.0 8.0 ft or 0 14256 Bollisks, clam, microst species, cannot, liguid 8.5 3.0 or 0 14251 Beef, loin, top sirloin petitic roast/file, boreless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 or 0 12340 Beef, Iou, top sirloin petitic roast/file, boreless, separable lean and fat, cooked, braised 85.0 3.0 or 0 12345 Beef, Xew Zealand, imported, brisker point end, separable lean and fat, cooked, braised 85.0 3.0 or 0 11734 Beets, cooked, boiled, drained, with salt 88.0 0.5 cup slices 0 11735 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18" fat, all grades, raw 114.0 4.0 or 0 11747 Fast Foods, Fried Chicken, Thigh, meat and skin and breading 136.0 1.0 thigh with skin 0 11748 Pork, fresh, loin, country-style ribs, separable lean and fat, trimmed to 18" fat, all grades, raw 14.0 or 1.0 thigh with skin 0 11749 Pork, fresh, loin, country-style ribs, separable lean and fat, trimmed to 18" fat, all grades, raw 14.0 or 1.0 thigh with skin 0 11744 Lamb, Australian, imported, fresh, leg, bortom, boncless, separable lean and fat, trimmed to 18" fat, raw 114.0 4.0 or 0 11745 Lamb, Australian, imported, fresh, leg, bortom, boncless, separable lean and fat, trimmed to 18" fat, raw 114.0 4.0 or 0 11745 Lamb, Australian, imported, fresh, leg, bortom, boncless, separable lean and fat, trimmed to 18" fat, raw 114.0 4.0 or 0 11745 Lamb, Australian, imported, fresh, leg, bortom, boncless, separable lean and fat, trimmed to 18" fat, raw 114.0 4.0 or 0 11745 Vertex, bortled, generie 90.0 1.0 or 0 1.0 or 0 1.0 or 0 11745 Vertex, bortled, generie 90.0 1.0 or 0 1.0 or 0 1.0 or 0 11745 Vertex, bortled, generie 90.0 1.0 or 0 1	10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
14257 Beverages, OCFAN SPRAY, Light Cramberry 248.0 8.0 ft no.7 0 15162 Mollusks, clam, mixed species, camed, figuid 8.5 3.0 oz 0 23240 Beef, loin, top sirioin petite roast/filet, boneless, separable lean only, triumed to 0" fat, choice, raw 85.0 3.0 oz 0 23450 Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, brissed 88.5 3.0 oz 0 24471 Beets, cooked, boiled, drained, with sait 85.0 0.5 cap slices 0 11734 Beets, cooked, boiled, drained, with sait 40.0 oz 0 21471 Fast Foods, Fried Chicken, Thigh, meat and skin and breading 136.0 1.0 thigh with skin 0 21471 Fast Foods, Fried Chicken, Thigh, meat and skin and breading 136.0 1.0 thigh with skin 0 21692 Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised 80.0 1.0 thigh with skin 0 10208 Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised 80.0 1.0 thigh without refuse (yield from Looked this, with added vitamin A and vitamin D 250.0 1.0 cup 0 14794 Lamb, Ausstralian, inspred, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 114.0 4.0 oz 0 14797 Pork, oriental style, dehydrated 22.0 1.0 cup 0 14899 Cercals ready-to-cat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0 16910 Litchs, raw 1900 1.0 cup (1 NLEA serving) 0 16900 Peanuts, all types, dry-roasted, with sait 28.35 1.0 oz 0 16900 Peanuts, all types, dry-roasted, with sait 28.35 1.0 oz 0 16900 Peanuts, all types, dry-roasted, with sait 28.35 1.0 oz 0 16900 Peanuts, all types, dry-roasted, with sait 28.35 1.0 oz 0 16900 Peanuts, all types, dry-roasted, with sait 28.35 1.0 oz 0 16900 Peanuts, all types, dry-roasted, with sait 28.35 1.0 oz 0 16900 Peanuts, all types, dry-roasted, with sait 28.35 1.0 oz 0 16900 Peanuts, all	17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0
15162 Mollusks, clam, mixed species, canned, liquid 85.0 3.0 oz 0 23240 Beef, loin, top sirloin petite roast/filet, boncless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 23245 Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised 85.0 3.0 oz 0 25177 Turkey, liver, all classes, raw 78.0 1.0 raw liver 0 25178 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw 114.0 4.0 oz 0 25171 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw 114.0 4.0 oz 0 25171 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw 114.0 4.0 oz 0 25171 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw 114.0 4.0 oz 0 25171 Bork, fresh, loin, country-style ribs, separable lean only, cooked, braised 85.0 1.0 rib without refuse cycled from 1 cooked rib, with 0 25181 Dirib without refuse cycled from 1 cooked rib, with 0 0 25191 Christian style, eldy-drated 2500 1.0 rib without refuse cycled from 1 cooked rib, with 0 0 25191 Christian style, eldy-drated 2500 1.0 rib without refuse cycled from 1 cooked rib, with 0 0 25191 Christian style, eldy-drated 2500 1.0 rib without refuse cycled from 1 cooked rib, with 0 0 25191 Christian style, eldy-drated 2500 1.0 rib without refuse cycled from 1 cooked rib, with 0 0 25191 Christian style, eldy-drated 2500 1.0 rib without refuse cycled from 1 cooked rib, with 0 0 0 25191 Christian style, eldy-drated 2500 1.0 rib without refuse cycled from 1 cooked rib, with 0 0 0 0 0 0 0 0 0	08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0
23240 Beef, loin, top sirloin petitie roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0	14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0
Becf, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised R50	15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0
10177	23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
1734 Beets, cooked, boiled, drained, with salt 85.0 0.5 cup slices 0 13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw 1140 4.0 α α 0 1471 Fast Foods, Fried Chicken, Thigh, metal skin and breading 1360 1.0 thigh with skin 0 10395 Infant formula, ABROTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted 8.5 1.0 scoop 0 10208 Pork, fresh, Ioin, country-style ribs, separable lean only, cooked, braised 80.0 1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g) 0 1030 Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D 25.00 1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g) 0 17454 Lamb, Australiaa, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 1140 4.0 α α 0 1820 Pork, oriental style, dehydrated 22.0 1.0 cup 0 0 1821 Cereals ready-to-eat, POST. Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0 19455 Water, bottled, generic 1.0 cup 0 1655 Water, bottled, generic 29.0 1.0 cup 0 1.0 cup 0 1655 Water, bottled, generic 28.35 1.0 α α 0 1690 Peanuts, all types, dry-roasted, with salt 28.35 1.0 α α 0 23329 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 α α 0 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 85.0 1.0 serving (cooked from 4 α α raw 0 16544 Ostrich, inside leg, raw 85.0 3.0 α α 0 16545 Sopu, cream of shrimp, canned, prepared with equal volume water 2440 1.0 cup 0 16546 Sopu, cream of shrimp, canned, prepared with equal volume water 2440 1.0 serving (cooked from 4 α α raw 0 1655 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 α α 0 166	23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0
13795 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw 114.0 1.0 thigh with skin 0	05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0
Past Foods, Fried Chicken, Thigh, meat and skin and breading 136.0 1.0 thigh with skin 0	11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0
Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted 8.5 1.0 scoop 0	13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0
Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised 80.0 1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g) 0	21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0
1008 Pork, Iresh, Ion, country-style ribs, separable lean only, cooked, braised 80.0 refuse, weighing 141g) 0	03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0
17454 Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw 114.0 4.0 oz 0 43297 Pork, oriental style, dehydrated 22.0 1.0 cup (1 NLEA serving) 0 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0 09164 Litchis, raw 190.0 1.0 cup (1 NLEA serving) 0 16090 Peanuts, all types, dry-roasted, with salt 28.5 1.0 rd 0 23329 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 85.0 1.0 serving (cooked from 4 oz raw) 0 05644 Ostrich, inside leg, raw 85.0 1.0 serving (cooked from 4 oz raw) 0 13365 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked 85.0 3.0 oz 0 13911 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 0 20445 Rice, white, long-grain, re	10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	· · · · · · · · · · · · · · · · · · ·	0
43297 Pork, oriental style, dehydrated 22.0 1.0 cup 0 08191 Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0 09164 Litchis, raw 190.0 1.0 cup (1 NLEA serving) 0 14555 Water, bottled, generic 29.6 1.0 fl oz 0 16090 Peanuts, all types, dry-roasted, with salt 28.35 1.0 oz 0 23329 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 85.0 3.0 oz 0 05644 Ostrich, inside leg, raw 85.0 1.0 serving (cooked from 4 oz raw) 0 06456 Soup, cream of shrimp, canned, prepared with equal volume water 244.0 1.0 cup 0 13365 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked 85.0 3.0 oz 0 13911 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 0 <	01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0
Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size 52.0 1.0 cup (1 NLEA serving) 0	17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
09164 Litchis, raw 190.0 1.0 cup 0 14555 Water, bottled, generic 29.6 1.0 fl oz 0 16090 Peanuts, all types, dry-roasted, with salt 28.35 1.0 oz 0 23329 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 85.0 3.0 oz 0 05644 Ostrich, inside leg, raw 85.0 1.0 serving (cooked from 4 oz raw) 0 06456 Soup, cream of shrimp, canned, prepared with equal volume water 244.0 1.0 cup 0 13365 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked 85.0 3.0 oz 0 13911 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 0 20445 Rice, white, long-grain, regular, unenriched, cooked without salt 158.0 1.0 cup 0 23032 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 04518 Oil, corn, industrial and retail, all purpose	43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0
Water, bottled, generic 29.6 1.0 fl oz 0 16090 Peanuts, all types, dry-roasted, with salt 28.35 1.0 oz 0 23329 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 85.0 3.0 oz 0 05644 Ostrich, inside leg, raw 85.0 1.0 serving (cooked from 4 oz raw) 0 0456 Soup, cream of shrimp, canned, prepared with equal volume water 244.0 1.0 cup 0 13365 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked 85.0 3.0 oz 0 13911 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 0 20445 Rice, white, long-grain, regular, unenriched, cooked without salt 158.0 1.0 cup 0 23032 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 04518 Oil, corn, industrial and retail, all purpose salad or cooking 1006 Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 serving (3 oz) 0 1.0 serving (3 oz)	08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0
Peanuts, all types, dry-roasted, with salt 28.35 1.0 oz 0 23329 Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 85.0 0 strich, inside leg, raw 85.0 1.0 serving (cooked from 4 oz raw) 0 06456 Soup, cream of shrimp, canned, prepared with equal volume water 244.0 1.0 cup 0 13365 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked 85.0 3.0 oz 0 13911 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 0 20445 Rice, white, long-grain, regular, unenriched, cooked without salt 158.0 1.0 cup 0 23032 Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw 85.0 3.0 oz 0 04518 Oil, corn, industrial and retail, all purpose salad or cooking 10926 Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 serving (cooked from 4 oz raw) 0 1.0 cup 0 1.0 typ 0 1.0 serving (3 oz)	09164	Litchis, raw	190.0	1.0 cup	0
Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 23576 Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked 85.0 3.0 oz 0 05644 Ostrich, inside leg, raw 85.0 1.0 serving (cooked from 4 oz raw) 0 04566 Soup, cream of shrimp, canned, prepared with equal volume water 1244.0 1.0 cup 0 13365 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked 85.0 3.0 oz 0 13911 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 0 20445 Rice, white, long-grain, regular, unenriched, cooked without salt 158.0 1.0 cup 0 23032 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 04518 Oil, corn, industrial and retail, all purpose salad or cooking 13.6 1.0 tbsp 0 Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 serving (3 oz) 0	14555	Water, bottled, generic	29.6	1.0 fl oz	0
Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked Ostrich, inside leg, raw Soup, cream of shrimp, canned, prepared with equal volume water 244.0 1.0 cup Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw Beef, white, long-grain, regular, unenriched, cooked without salt Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, knuckle, tip side, select, separable lean and fat, trimmed to 0" fat, select, raw Beef, round, knuckle, tip si	16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0
Ostrich, inside leg, raw Soup, cream of shrimp, canned, prepared with equal volume water Soup, cream of shrimp, canned, prepared with equal volume water 244.0 1.0 cup Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw Soup Rice, white, long-grain, regular, unenriched, cooked without salt Seef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw Soup Oil, corn, industrial and retail, all purpose salad or cooking Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil Soup, cream of shrimp, canned, for a cooked from 4 oz raw) 1.0 cup 0 1.0 serving (cooked from 4 oz raw) 1.0 cup 0 3.0 oz 0 1.0 top	23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
Soup, cream of shrimp, canned, prepared with equal volume water 244.0 1.0 cup 0 13365 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked 85.0 3.0 oz 0 13911 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 0 20445 Rice, white, long-grain, regular, unenriched, cooked without salt 158.0 1.0 cup 0 23032 Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw 85.0 3.0 oz 0 04518 Oil, corn, industrial and retail, all purpose salad or cooking 13.6 1.0 tbsp 0 Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 serving (3 oz) 0	23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0
Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked 85.0 3.0 oz 0 13911 Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 0 20445 Rice, white, long-grain, regular, unenriched, cooked without salt 158.0 1.0 cup 0 23032 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 0 0 1.0 cup 0 0 0 10518 Oil, corn, industrial and retail, all purpose salad or cooking 13.6 1.0 tbsp 0 10926 Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 serving (3 oz) 0	05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 Rice, white, long-grain, regular, unenriched, cooked without salt 158.0 1.0 cup 0 23032 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 04518 Oil, corn, industrial and retail, all purpose salad or cooking 13.6 1.0 tbsp 0 10926 Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 serving (3 oz) 0	06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0
Rice, white, long-grain, regular, unenriched, cooked without salt 158.0 1.0 cup 0 23032 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, raw 85.0 0il, corn, industrial and retail, all purpose salad or cooking 13.6 1.0 tbsp 0 Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 serving (3 oz) 0	13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0
Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw 85.0 Oil, corn, industrial and retail, all purpose salad or cooking 13.6 Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 tbsp 0 1.0 serving (3 oz)	13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
Oil, corn, industrial and retail, all purpose salad or cooking 13.6 10926 Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 tbsp 0 1.0 serving (3 oz) 0	20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0
Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 serving (3 oz) 0	23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0
	04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0
91222 Yogurt, chocolate, nonfat milk, fortified with vitamin D 170.0 1.0 container (6 oz)	10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
	01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
90480	Syrup, Cane	21.0	1.0 serving	0
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0
11446	Seaweed, laver, raw	26.0	10.0 sheets	0
01225	Dulce de Leche	19.0	1.0 tbsp	0
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0
07960	Bologna, chicken, pork	28.0	1.0 serving	0
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0
42289	Oil, corn and canola	14.0	1.0 tbsp	0
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
16113	Natto	175.0	1.0 cup	0
01009	Cheese, cheddar	132.0	1.0 cup, diced	0
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0
20027	Cornstarch	128.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0
07973	Turkey bacon, microwaved	8.1	1.0 slice	0
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0
01072	Dessert topping, pressurized	70.0	1.0 cup	0
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
02033	Spices, poppy seed	2.8	1.0 tsp	0
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0
09160	Lime juice, raw	242.0	1.0 cup	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0
16087	Peanuts, all types, raw	28.35	1.0 oz	0
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0
05641	Ostrich, ground, raw	109.0	1.0 patty	0
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0
80200	Frog legs, raw	45.0	1.0 leg	0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0
11987	Mushrooms, oyster, raw	148.0	1.0 large	0
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0
43128	Chicken, meatless	168.0	1.0 cup	0
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0
01005	Cheese, brick	132.0	1.0 cup, diced	0
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
04541	Oil, cupu assu	13.6	1.0 tablespoon	0
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04047	Oil, coconut	13.6	1.0 tbsp	0
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
01069	Cream substitute, powdered	94.0	1.0 cup	0
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0
07008	Bologna, beef and pork	100.0	3.527 oz	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0
17142	Veal, ground, raw	85.0	3.0 oz	0
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0
16129	Tofu, fried	28.35	1.0 oz	0
01024	Cheese, limburger	134.0	1.0 cup	0
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0

NDB_No D	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03941 In	nfant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0
23358 B	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05012 C	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0
11492 S	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0
19270 Id	ce creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0
10050 P	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
10957 P	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0
17352 V	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0
13902 B	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
15149 C	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0
23234 B	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
04502 C	Dil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0
23444 B	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0
05171 T	Turkey, whole, giblets, raw	85.0	3.0 oz	0
21464 F	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0
10200 P	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
01092 N	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
43276 C	Cheese spread, cream cheese base	28.35	1.0 oz	0
14543 B	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0
16084 N	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. narble score 9, raw	114.0	4.0 oz	0
23569 B	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05630 E	Emu, outside drum, raw	85.0	3.0 oz	0
28337 B	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13905 B	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
20345 R	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0
23005 B	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
04511 C	Dil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0
10920 P	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
11266 N	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0
02054	Capers, canned	8.6	1.0 tbsp, drained	0
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0
10886	Pork, cured, ham water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0
16104	Bacon, meatless	144.0	1.0 cup	0
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
04534	Oil, babassu	13.6	1.0 tbsp	0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
01115	Whey, sweet, dried	145.0	1.0 cup	0
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
04038	Oil, wheat germ	4.5	1.0 tsp	0
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0
07005	Blood sausage	100.0	4.0 slices	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43146	Eggplant, pickled	136.0	1.0 cup	0
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0
11240	Mushrooms, morel, raw	66.0	1.0 cup	0
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0
01180	Sour cream, fat free	12.0	1.0 tablespoon	0
07926	Salami, Italian, pork	28.0	1.0 oz	0
43543	Milk, imitation, non-soy	244.0	1.0 cup	0
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
02026	Spices, onion powder	2.4	1.0 tsp	0
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0

1937 Secf., plate steek, boucks, coutside skirt, sepurable learn only, trimmed to 0° fat, select, raw 35.5 1.0 ft ac 0 0 0 0 0 0 0 0 0	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19364 Toppings, butterscorch or caramel 41.0 2.0 thup 0 43384 Reef, Isologue, neduced southurn 1830 1.0 cup pieces 0 1 1800 3.0 or 0 18406 1.0 cup pieces 0 18406 1.0 cup pieces 0 18406 1.0 cup pieces 0 1840 1.0 cup (8.0 oz 0 18406 1.0 cup (8.0 oz 0 1.0 cup (8.0 oz 0 18406 1.0 cup (8.0 oz 0 1.0 cup (8.0 oz 0	23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
1384 Beaf, bologea, reduced sodium 138.0 1.0 cup pieces 0 10085 Pork, fresh, shoulder, (Boston but), blade (steaks), separable lean only, cooked, traised 85.0 3.0 oz 0 101625 Soy sauce made from hydrolyaed vegetable protein 18.0 1.0 cup 8 ft oz 0 10125 Soy sauce made from hydrolyaed vegetable protein 18.0 1.0 cup 8 ft oz 0 10126 Checse, frontian 132.0 1.0 cup, dieed 0 10127 Beaf, ribs, New Zualand, imported, Irin, honeless, separable lean only, raw 113.0 4.0 oz 0 12399 Beaf, ribs, small end (ribs 10.12), separable lean only, triumed to 18" fat, all grades, raw 28.38 1.0 oz 0 10569 Ground turkey, 85% lean, 15% fat, pan-broided crumbles 85.0 3.0 oz 0 108067 Create teach-to-cue, RELLOGG, KELLOGGS SPECIAL N 31.0 1.0 cup (INLEA serving) 0 13401 Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 0 13934 Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 0 13936 Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 13936 Beef, round, knotck, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 13936 Beef, round, knotck, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 14938 Beef, south, lander, separable lean only, triumed to 0" fat, all grades, raw 85.0 3.0 oz 0 14935 Beef, round, knotck, separable lean only, triumed to 0" fat, all grades, cooked, grilled 85.0 1.0 serving Goz 0 14945 Rice, white, long-grain, regular, enriched, cooked 158.0 1.0 serving Goz 0 15946 Crustaccaus, crub, blue, cooked, moist heat 18.0 1.0 cup, flated and pieces 0 15946 Crustaccaus, crub, blue, cooked, moist heat 18.0 1.0 cup, flated and pieces 0 15947 Derk, broad, sheed, prepackaged 15.0 1.0 slove 0 15948 Beef, shoulder top	03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0
10085 Pork, fresh, shruhller, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0 14646 Beverages, Fruit Bavored drink containing less than 3% fruit juice, with high vitamin C 2380 1.0 cup (8 lt oz) 0 16125 Soy suace made from hydrolyzed vegetable protein 18.0 1.0 dasp 0 16126 Cheese, frontina 1320 1.0 cup, diced 0 17389 Lamb, New Zealand, imported, Join, boncless, separable lean only, trimmed to 188 fat, all grades, raw 115.0 4.0 oz 0 17389 Lamb, New Zealand, imported, Join, boncless, separable lean only, trimmed to 188 fat, all grades, raw 28.35 1.0 oz 0 18609 Ground turkey, 85% lean, 15% fat, pas-broiled crumbles 85.0 3.0 oz 0 18600 Ground turkey, 85% lean, 15% fat, pas-broiled crumbles 85.0 1.0 cup (1 MTAS serving) 0 18740 Beef, round, bottom counds, steak, separable lean and fat, trimmed to 0 'f at, choice, cooked, braised 85.0 3.0 oz 0 18741 Beef, round, bottom counds, steak, separable lean and fat, trimmed to 0 'f at, all grades, raw 85.0 3.0 oz 0 18742 Beef, round, bottom counds, steak, separable lean and fat, trimmed to 0 'f at, all grades, raw 85.0 3.0 oz 0 18743 Beef, round, buttom, seak, separable lean and fat, trimmed to 0 'f at, all grades, raw 85.0 3.0 oz 0 18745 Oil, canola 1.0 cup 0 18745 Oil, canola 1.0 cup 0 18746 Custaceana, crab, blue, cooked, moists heat 1180 1.0 cup, flaked and pieces 0 18747 Custaceana, crab, blue, cooked, moist heat 1180 1.0 cup, flaked and pieces 0 18748 Turkey heast, sliced, preparkaged 15.0 1.0 surving 0 18749 Beer, shoulder top blue steat, boncless, separable lean and fat, raw 115.0 1.0 surving 0 18740 Turkey heast, sliced, preparkaged 15.0 1.0 surving 0 18740 Turkey heast, sliced, preparkaged 15.0 1.0 cup, flaked and pieces 0 18741 Turkey heast, sliced, preparkaged 1.0 cup, choped or died 0 18742 Beef, chank eye Country, Style in	19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0
16126 Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0
16125 Sry sauce made from hydrolyzed vegetable protein 18.0 1.0 thsp 0	10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0
17389 Lamb, New Zealand, imported, loin, boneless, separable lean only, trimmed to 18" fat, all grades, raw 113.0 4.0 cz 0.0	14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0
17389 Lamb, New Zealand, imported, loin, boneless, separable lean only, raw 113.0 4.0 nz 0.0 25599 Beef, this, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 nz 0.0 26669 Ground turkey, 85% lean, 15% fat, paul-broiled crumbles 85.0 3.0 nz 0.0 26667 Cereals ready-to-ean, KELLOGG, KELLOGGS SPECIAL K 31.0 1.0 cup (1 NLEA serving) 0.0 2740 Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 nz 0.0 2740 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 nz 0.0 2740 Beef, ribey-cup steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 nz 0.0 2740 Beef, ribey-cup steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 nz 0.0 2740 Beef, ribey-cup steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 1.0 serving 0.0 2740 Rice, white, long-grain, regular, enriched, cooked 158.0 1.0 serving 0.0 2740 Rice, white, long-grain, regular, enriched, cooked 158.0 1.0 serving 0.0 2740 Rice, white, long-grain, regular, enriched, cooked 158.0 1.0 serving 0.0 2740 Crustaceans, crab, blue, cooked, moist heat 118.0 1.0 cup, flaked and pieces 0.0 2740 Lamb, New Zealand, imported, loin chop, separable lean and fat, raw 115.0 1.0 serving 0.0 2740 Lamb, New Zealand, imported, loin chop, separable lean and fat, raw 115.0 1.0 serving 0.0 2740 Rice, broad, prepackaged 1.0 cup 0.0 2740 Rice, chuck eye Contanty-Style risb, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 nz 0.0 2740 Rice, chuck eye Contanty-Style risb, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 nz 0.0 2740 Rice, chuck eye Contanty-Styl	16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0
28399 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw 28.35 1.0 oz 0	01020	Cheese, fontina	132.0	1.0 cup, diced	0
05669 Ground turkey, 85% lean, 15% fat, pan-broiled crumbles 85.0 3.0 oz 0.08067 Cereals ready-to-cat, KELLOGG, KELLOGG, SEPCIAL K 31.0 1.0 cup (1 NLFA serving) 0.0	17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0
13401 Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 0	23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13401 Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised 85.0 3.0 oz 0 13934 Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 23266 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 0 23266 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 0 20045 Rice, white, long-grain, regular, enriched, cooked 158.0 1.0 cup 0 20045 Rice, white, long-grain, regular, enriched, cooked 158.0 1.0 serving (3 oz) 0 20046 Pork, cured, ham — water added, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0 20046 Crustaceans, crab, blue, cooked, moist heat 118.0 1.0 cup, flaked and pieces 0 20040 Lamb, New Zealand, imported, loin chop, separable lean and fat, raw 115.0 1.0 serving 0 20060 Soup, beef broth or bouillon canned, ready-to-serve 240.0 1.0 cup, flaked and pieces 0 20070 Turkey breast, sliced, prepackaged 15.0 1.0 slice 0 20080 Turkey breast, sliced, prepackaged 15.0 1.0 slice 0 20091 Turkey breast, sliced, prepackaged 15.0 1.0 slice 0 20091 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 20181 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 20182 Beef, round, lop round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 20193 Beef, round, lop round steak, boneless, separable lean and fat, cooked, roasted 140.0 1.0 cup, chopped or diced 0 20194 Pork, fresh, loin, center rib (roasts),	05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0
13934 Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 0 23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 23266 Beef, ribeye cap steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 0 04582 Oil, canola 14.0 1.0 tbsp 0 0582 Oil, canola 14.0 1.0 tup 0 10867 Pork, cured, ham — water added, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0 15140 Crustaceans, crab, blue, cooked, moist heat 118.0 1.0 cup, flaked and pieces 0 17076 Lamb, New Zealand, imported, loin chop, separable lean and fat, raw 115.0 1.0 serving 0 06008 Soup, beef broth or bouillon canned, ready-to-serve 240.0 1.0 cup 0 07081 Turkey breast, sliced, prepackaged 15.0 1.0 slice 0 13523 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14079 Beverages, yellow green colored citrus soft drink with caffeine 473.0 16.0 fl oz 0 23138 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 23355 Beef, round, hop round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 05090 Chicken, broilers or fryers, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced 0 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0 10054 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0	08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0
23055 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0	13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23266 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 0	13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04582 Oil, canola 14.0 1.0 tbsp 0 20045 Rice, white, long-grain, regular, enriched, cooked 158.0 1.0 cup 0 10867 Pork, cured, ham water added, shank, bone-in, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0 15140 Crustaceans, crab, blue, cooked, moist heat 118.0 1.0 cup, flaked and pieces 0 17076 Lamb, New Zealand, imported, loin chop, separable lean and fat, raw 115.0 1.0 serving 0 06008 Soup, beef broth or bouillon canned, ready-to-serve 240.0 1.0 cup, flaked and pieces 0 07081 Turkey breast, sliced, prepackaged 15.0 1.0 cup 0 13523 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14079 Beverages, yellow green colored citrus soft drink with caffeine 473.0 16.0 fl oz 0 23138 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, cho	23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
Rice, white, long-grain, regular, enriched, cooked 158.0 1.0 cup 0	23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
Pork, cured, ham — water added, shank, bone-in, separable lean only, heated, roasted Crustaceans, crab, blue, cooked, moist heat 118.0 1.0 cup, flaked and pieces 0 17076 Lamb, New Zealand, imported, loin chop, separable lean and fat, raw 115.0 1.0 serving 0 06008 Soup, beef broth or bouillon canned, ready-to-serve 240.0 1.0 cup 0 07081 Turkey breast, sliced, prepackaged 15.0 1.0 slice 0 13523 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 16.0 fl oz 0 23138 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 03938 Infant formula, PBM PRODUCTS, store brand, powder 84.4 1.0 scoop 0 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 0 0 0 0 0 0 0 0 0 0 0 0	04582	Oil, canola	14.0	1.0 tbsp	0
Crustaceans, crab, blue, cooked, moist heat 118.0 1.0 cup, flaked and pieces 0 17076 Lamb, New Zealand, imported, loin chop, separable lean and fat, raw 115.0 1.0 serving 0 06008 Soup, beef broth or bouillon canned, ready-to-serve 240.0 1.0 cup 0 707081 Turkey breast, sliced, prepackaged 15.0 1.0 slice 0 13523 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 14079 Beverages, yellow green colored citrus soft drink with caffeine 473.0 16.0 fl oz 0 23138 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 33938 Infant formula, PBM PRODUCTS, store brand, powder 88.4 1.0 scoop 0 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 05009 Chicken, broilers or fryers, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced 0 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, with added solution, cooked, braised 10047 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0
Lamb, New Zealand, imported, loin chop, separable lean and fat, raw 115.0 1.0 serving 0 06008 Soup, beef broth or bouillon canned, ready-to-serve 240.0 1.0 cup 0 707081 Turkey breast, sliced, prepackaged 15.0 1.0 slice 0 13523 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14079 Beverages, yellow green colored citrus soft drink with caffeine 473.0 16.0 fl oz 0 23138 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 03938 Infant formula, PBM PRODUCTS, store brand, powder 8.4 1.0 scoop 0 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 05009 Chicken, broilers or fryers, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced 0 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 10047 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	10867	Pork, cured, ham water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
Soup, beef broth or bouillon canned, ready-to-serve 240.0 1.0 cup 0 707081 Turkey breast, sliced, prepackaged 15.0 1.0 slice 0 13523 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14079 Beverages, yellow green colored citrus soft drink with caffeine 473.0 16.0 fl oz 0 23138 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 30338 Infant formula, PBM PRODUCTS, store brand, powder 8.4 1.0 scoop 0 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 5009 Chicken, broilers or fryers, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced 0 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 10256 Yogurt, Greek, plain, nonfat 170.0 1.0 container 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0	15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0
Turkey breast, sliced, prepackaged 15.0 1.0 slice 0 13523 Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 14079 Beverages, yellow green colored citrus soft drink with caffeine 23138 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 3938 Infant formula, PBM PRODUCTS, store brand, powder 8.4 1.0 scoop 0 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 5009 Chicken, broilers or fryers, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced 0 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 10256 Yogurt, Greek, plain, nonfat 170.0 1.0 container 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, with added solution, cooked, braised	17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0
Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 14079 Beverages, yellow green colored citrus soft drink with caffeine 473.0 16.0 fl oz 0 23138 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 03938 Infant formula, PBM PRODUCTS, store brand, powder 84 1.0 scoop 0 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 05009 Chicken, broilers or fryers, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced 0 1489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 10256 Yogurt, Greek, plain, nonfat 170.0 1.0 container 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 0 0 0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0
Beverages, yellow green colored citrus soft drink with caffeine 473.0 16.0 fl oz 0 23138 Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 30938 Infant formula, PBM PRODUCTS, store brand, powder 8.4 1.0 scoop 0 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 0 0 Chicken, broilers or fryers, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced 1489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 170.0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0	07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0
Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 03938 Infant formula, PBM PRODUCTS, store brand, powder 8.4 1.0 scoop 0 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 05009 Chicken, broilers or fryers, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced 1489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 1256 Yogurt, Greek, plain, nonfat 170.0 1.0 container 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
Infant formula, PBM PRODUCTS, store brand, powder 8.4 1.0 scoop 0 23355 Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 05009 Chicken, broilers or fryers, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced 0 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 01256 Yogurt, Greek, plain, nonfat 170.0 1.0 container 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0	14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0
Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw 85.0 Chicken, broilers or fryers, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced Squash, winter, hubbard, raw 116.0 1.0 cup, cubes Vogurt, Greek, plain, nonfat 170.0 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0	23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
Chicken, broilers or fryers, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced 0 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 10256 Yogurt, Greek, plain, nonfat 170.0 1.0 container 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0
Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 0 10256 Yogurt, Greek, plain, nonfat 170.0 1.0 container 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0	23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
Yogurt, Greek, plain, nonfat 170.0 1.0 container 0 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0	05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 85.0 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0	11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0	01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0
10954	10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
Veal, Australian, shank, fore, bone-in, separable lean only, raw 85.0	10954		85.0	3.0 oz	0
	17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
01089	Milk, low sodium, fluid	244.0	1.0 cup	0
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0
10917	Pork, cured, ham water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0
02050	Vanilla extract	4.2	1.0 tsp	0
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0
07951	Scrapple, pork	17.0	1.0 cubic inch	0
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
10130	Canadian bacon, unprepared	85.0	3.0 oz	0
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0
01038	Cheese, romano	28.35	1.0 oz	0
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0
01159	Cheese, goat, soft type	28.35	1.0 oz	0
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0
43476	Tofu yogurt	262.0	1.0 cup	0
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0
07052	Pastrami, turkey	57.0	2.0 slices	0
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0
17330	Game meat, bison, ground, raw	85.0	1.0 serving (3 oz)	0
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0
10898	Pork, pickled pork hocks	117.0	3.0 oz	0
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	0
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0
19140	Candies, MARS SNACKFOOD US, M& M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0
19355	Syrups, sorghum	330.0	1.0 cup	0
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0
16122	Soy protein isolate	28.35	1.0 oz	0
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0
16069	Lentils, raw	192.0	1.0 cup	0
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
10914	Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
07026	Ham, chopped, canned	28.35	1.0 oz	0
11964	Nopales, cooked, without salt	149.0	1.0 cup	0
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
04001	Fat, beef tallow	12.8	1.0 tbsp	0
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0
01035	Cheese, provolone	132.0	1.0 cup, diced	0
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0
10880	Pork, cured, ham water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
11134	Cassava, raw	206.0	1.0 cup	0
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
01112	Whey, acid, fluid	246.0	1.0 cup	0
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0
43134	Vegetarian fillets	85.0	1.0 fillet	0
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
02015	Spices, curry powder	2.0	1.0 tsp	0
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0
19350	Syrups, corn, light	341.0	1.0 cup	0
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0
11298	Parsnips, raw	133.0	1.0 cup slices	0
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0
07070	Salami, cooked, turkey	28.0	1.0 serving	0
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05621	Emu, ground, raw	117.0	1.0 patty	0
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0
10911	Pork, cured, ham water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
17164	Game meat, deer, raw	28.35	1.0 oz	0
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
07939	Frankfurter, pork	76.0	1.0 link	0
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0
01032	Cheese, parmesan, grated	100.0	1.0 cup	0
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
04609	Animal fat, bacon grease	4.3	1.0 tsp	0
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0
09437	Tamarind nectar, canned	251.0	1.0 cup	0
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0
19297	Jams and preserves	20.0	1.0 tbsp	0
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0

Part	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11128	03951	•	31.4	1.0 fl oz	0
	10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0
	11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0
1452 fat, cooked, braised 255 1.10 cmp 0 14529 Soybean, curit cheese 225.0 1.10 cmp 0 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 22.0 1.0 serving 0 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 22.0 1.0 serving 0 14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients 22.0 1.0 serving 0 16941 Pearunts, spanish, traw 146.0 1.0 cup 0 23577 Beef, ground, 75% lean meat / 25% fat, traw 113.0 4.0 oz 0 23578 Beef, ground, 75% lean meat / 25% fat, traw 113.0 4.0 oz 0 23579 Beef, ground, 75% lean meat / 25% fat, traw 1.0 serving (3 oz) 0 23586 Beef, composite of trimmed retail curs, separable lean only trimmed to 18" fat, choice, cooked, grilled 85.0 3.0 oz 0 23580 Beef, found, knuckle, in jiels, seeds, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 1.0 serving (3 oz) 0 24520 Fat, mutton tallow 128 1.0 tbsp 0 24520 Fat, mutton tallow 1.0 tallow 0 24520 Fat, mutton tallow 1.0 tallow 0 24520 Fat, mutton tallow 1.0 tallow 0 24520 Fat, mutton tallow 1.0 toup, pulp 0 24520 Fat, mutton tallow 1.0 toup, pulp 0 24520 Fat, mutton tallow 1.0 toup, pulp 0 24520 Fat, donestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked, braised 1.0 toup, pulp 0 24520 Fat, brait tormula, Meal DJOHNSON, PROSOBEE LIPH, with iron, ready to feed, with ARA	01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0
Description Comment	17455		85.0	3.0 oz	0
14557 Beverages, chocolate-flavor beverage mix for milk, powder, with added autrients 220 1.0 serving 0 16091 Peanuts, spanish, raw 1460 1.0 cup 0 23577 Beef, ground, 75% lean meat / 25% fat, raw 1130 4.0 oz 0 160545 Ostrich, inside leg, cooked 85.0 1.0 serving (3 oz) 0 16064 Ostrich, inside leg, cooked 85.0 1.0 serving (3 oz) 0 16064 Seef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat, select, cooked 85.0 3.0 oz 0 16072 Beef, found, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 1.0 serving (3 oz) 0 16072 Par, mutton tallow 128 1.0 tesp 0 16072 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 serving (3 oz) 0 16072 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 cake 0 16073 Smeks, rice cracker brown rice, plain 9.0 1.0 cake 0 16074 Fish, shad, american, raw 85.0 3.0 oz 0 16074 Fish, shad, american, raw 225.0 1.0 cup, palp 0 16074 Fish, shad, american, raw 85.0 3.0 oz 0 17076 Lurbey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0 17074 Turkey breast, low salt, prepackaged or deli, luncheou meat 28.0 1.0 slice 0 1842 Beef, short loin, t-bone steak, bone-in, separable lean and fat, trimmed to 1/4" fat, select, raw 85.0 3.0 oz 0 1842 Beef, short loin, epone steak, bone-in, separable lean only, trimmed to 1/4" fat, select, raw 85.0 3.0 oz 0 1843 Beef, hort loin, eye of round steak, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, haised 1.0 serving 100 ml 0 1843 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0 1845 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0 1865 Egg substi	43299	Soybean, curd cheese	225.0	1.0 cup	0
16091 Peanuts, spanish, raw	09165	Litchis, dried	2.5	1.0 fruit	0
23577 Beef, ground, 75% lean meat / 25% fat, raw	14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0
0645 Ostrich, inside leg., cooked 85.0 1.0 serving (3 oz) 0 13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 85.0 3.0 oz 0 13912 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 1.0 serving (3 oz) 0 23033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 1.0 serving (3 oz) 0 04520 Fat, mutton tallow 12.8 1.0 tbsp 0 10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 slice 0 19051 Snacks, rice cracker brown rice, plain 9.0 1.0 cake 0 90560 Mollusks, snail, raw 85.0 3.0 oz 0 9315 Soursop, raw 225.0 1.0 cup, pulp 0 15094 Fish, shad, american, raw 85.0 3.0 oz 0 17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 85.0 3.0 oz <td>16091</td> <td>Peanuts, spanish, raw</td> <td>146.0</td> <td>1.0 cup</td> <td>0</td>	16091	Peanuts, spanish, raw	146.0	1.0 cup	0
13366 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked 85.0 3.0 oz 0 13912 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 85.0 1.0 serving (3 oz) 0 23033 Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 1.0 serving (3 oz) 0 04520 Fat, mutton tallow 12.8 1.0 thsp 0 04520 Fat, mutton tallow 1.0 slice 0 04520 Pork, cured, ham with natural juices, spiral slice, boncless, separable lean and fat, heated, roasted 145.0 1.0 slice 0 19051 Snacks, rice cracker brown rice, plain 9,0 1.0 cake 0 0560 Mollusks, snail, raw 85.0 3.0 oz 0 05760 Mollusks, snail, raw 225.0 1.0 cup, pulp 0 1594 Fish, shad, american, raw 225.0 3.0 oz 0 17064 Lumb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 85.0 3.0 oz 0 070730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0 07046 Turkey breast, low salt, prepackaged or deli, lunchcon meat 28.0 1.0 slice 0 13482 Beef, short loin, bone steak, bone-in, separable lean and fat, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 0 03570 Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA 106.0 1.0 serving 100 ml 0 035857 Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA 106.0 1.0 serving 100 ml 0 04691 Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D 14.0 1.0 tablespoon 0 04692 Egg substitute, liquid or frozen, fat free 60.0 0.25 cup 0 04025 Pork, fresh, loin, whole, separable lean only, cooked, braised 85.0 3.0 oz 0	23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0
13912 Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled 85.0 1.0 serving (3 oz) 0	05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0
Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 1.0 serving (3 oz) 0	13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0
04520 Fat, mutton tallow 12.8 1.0 tbsp 0 10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 slice 0 19051 Snacks, rice cracker brown rice, plain 9.0 1.0 cake 0 90560 Mollusks, snail, raw 85.0 3.0 oz 0 09315 Soursop, raw 225.0 1.0 cup, pulp 0 15094 Fish, shad, american, raw 85.0 3.0 oz 0 15094 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 85.0 3.0 oz 0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0 07046 Turkey breast, low salt, prepackaged or deli, luncheon meat 28.0 1.0 slice 0 13482 Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 0 23116 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 0	13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
10927 Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted 145.0 1.0 cake 0	23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
19051 Snacks, rice cracker brown rice, plain 9.0 1.0 cake 0 90560 Mollusks, snail, raw 85.0 3.0 oz 0 09315 Soursop, raw 225.0 1.0 cup, pulp 0 15094 Fish, shad, american, raw 85.0 3.0 oz 0 17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 85.0 3.0 oz 0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0 07046 Turkey breast, low salt, prepackaged or deli, luncheon meat 28.0 1.0 slice 0 13482 Beef, short loin, t-bone steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 0 23116 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 0 03857 Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA 106.0 1.0 serving 100 ml 0 23333 Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all	04520	Fat, mutton tallow	12.8	1.0 tbsp	0
Mollusks, snail, raw S5.0 3.0 oz 0	10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0
09315 Soursop, raw 225.0 1.0 cup, pulp 0 15094 Fish, shad, american, raw 85.0 3.0 oz 0 17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 85.0 3.0 oz 0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0 07046 Turkey breast, low salt, prepackaged or deli, luncheon meat 28.0 1.0 slice 0 13482 Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 0 23116 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 0 03857 Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA 106.0 1.0 serving 100 ml 0 23333 Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 04691 Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D 14.0 1.0 tablespoon 0 11	19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0
Fish, shad, american, raw 17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 85.0 3.0 oz 0 17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 85.0 3.0 oz 0 17006 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0 1007046 Turkey breast, low salt, prepackaged or deli, luncheon meat 1882 Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw 1885.0 3.0 oz 0 1885.0 3.0 oz 0 1886, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 1885.0 3.0 oz 0 1885.0 1.0 serving 100 ml 0 1885.0 3.0 oz 0	90560	Mollusks, snail, raw	85.0	3.0 oz	0
Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked 85.0 3.0 oz 0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0 07046 Turkey breast, low salt, prepackaged or deli, luncheon meat 28.0 1.0 slice 0 13482 Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 0 23116 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 3.0 oz 0 03857 Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA 106.0 1.0 serving 100 ml 0 23333 Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 04691 Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D 14.0 1.0 tablespoon 0 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0 01226 Egg substitute, liquid or frozen, fat free 60.0 0.25 cup 0 10025 Pork, fresh, loin, whole, separable lean only, cooked, braised 85.0 3.0 oz 0	09315	Soursop, raw	225.0	1.0 cup, pulp	0
Turkey, wing, from whole bird, meat only, with added solution, roasted Turkey breast, low salt, prepackaged or deli, luncheon meat 28.0 1.0 slice Turkey breast, low salt, prepackaged or deli, luncheon meat 28.0 1.0 slice 0 28.0 28.0 1.0 slice 0 28.0 28.0 3.0 oz 0 4.0 1.0 serving 100 ml 0 1.0 serving 100 ml 0 1.0 serving 100 ml 1.0 tablespoon 1.0	15094	Fish, shad, american, raw	85.0	3.0 oz	0
Turkey breast, low salt, prepackaged or deli, luncheon meat Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, and the separable lean and fat, trimmed to 0" fat, all grades, cooked, and the separable lean and fat, trimmed to 0" fat, all grades, cooked, and the separable lean and fat, trimmed to 0" fat, all grades, cooked, and the separable lean and fat, trimmed to 0" fat, all grades, cooked, and the separable lean and fat, trimmed to 0" fat, all grades, cooked, and the separable lean and fat, trimmed to 0" fat, all grades, cooked, and the separable lean only, cooked, braised and the separable lean only, cooked, b	17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw 85.0 Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 0 0 0 0 0 0 0 0 0 0 0 0 0	05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 3.0 oz 03857 Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA 23333 Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 04691 Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 01226 Egg substitute, liquid or frozen, fat free 60.0 0.25 cup 0 10025 Pork, fresh, loin, whole, separable lean only, cooked, braised 85.0 3.0 oz 0	07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0
braised SS.0 Solution 100 Braised SS.0 13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0	
Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D 114.0 1.0 tablespoon 0 11453 Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0 01226 Egg substitute, liquid or frozen, fat free 60.0 0.25 cup 0 10025 Pork, fresh, loin, whole, separable lean only, cooked, braised 85.0 3.0 oz 0	23116		85.0	3.0 oz	0
Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D 14.0 15.0 tablespoon 16.0 tablespoon 17.0 tup 17.0 tup 18.0 tablespoon 19.0 tablespoon 19.0 tup 19	03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
Soybeans, mature seeds, sprouted, cooked, steamed 94.0 1.0 cup 0 01226 Egg substitute, liquid or frozen, fat free 60.0 0.25 cup 0 10025 Pork, fresh, loin, whole, separable lean only, cooked, braised 85.0 3.0 oz 0	23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
01226Egg substitute, liquid or frozen, fat free60.00.25 cup010025Pork, fresh, loin, whole, separable lean only, cooked, braised85.03.0 oz0	04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0
Pork, fresh, loin, whole, separable lean only, cooked, braised 85.0 3.0 oz 0	11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0
	01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0
Beans, navy, mature seeds, canned 262.0 1.0 cup 0	10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0
	16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0
02011	Spices, cloves, ground	2.1	1.0 tsp	0
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0

1996 Infant formula, NSTLE, GOOD START SOY, with DHA and ARA, liquid concentrate 29.2 1.0 cm 10 cm	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18376 Braad crumbs, dry, grated, seasoned 28.35 1.0 nz 0 10074 Poft, fresh, shoulder, arm picnie, separable lean and fat, row 85.0 3.0 nz 0 1634 Breage, milk beverage, with ever fair, flavored and sweetened. Rendy-to-drink, added calcium, vitamin A and vitamin D 1.0 cup, sitered 0 1015 Soy floor, full-fat, mw 34.0 1.0 cup, sitered 0 1016 Cheese, colby 132.0 1.0 cup, sitered 0 1017 Cheese, colby 1.0 cup, died 0 1018 Beff, fround, buttom mond, roust, separable lean only, trimmed to 18" fat, select, cooked, masted 28.35 1.0 nz 0 13884 Beff, fround, buttom mond, roust, separable lean and fat, trimmed to 0" fat, select, cooked, ministed 85.0 1.0 serving (3nz) 0 13884 Beff, chuck, under blade pot roust, boncless, separable lean and fat, trimmed to 0" fat, select, cooked, ministed 85.0 3.0 nz 0 13925 Bef, funderloin, roust, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 nz 0 20256 Bebyfood, juice, applie and grape 31.2 1.0 fla oz 0 20257 Bebyfood, juice, applie and grape 31.2 1.0 fla oz 0 20258 Bely food, juice, applie and grape 31.2 1.0 fla oz 0 20259 Bely food, juice, applie and grape 31.2 1.0 fla oz 0 20259 Bely food, juice, applie and grape 31.2 1.0 fla oz 0 20251 Bely food, juice, applie and grape 31.2 1.0 fla oz 0 20251 Bely food, juice, applie and grape 31.2 1.0 fla oz 0 20252 Bely food, juice, applie and grape 31.2 1.0 fla oz 0 20253 Bely food, juice, applie and grape 31.2 1.0 fla oz 0 20254 This trim, light, camaed in water, drained solida 28.5 1.0 nz 0 20255 Bely food, juice, applie and grape 3.0 nz 0 20256 Food, fresh, loin, top loin (chops), boncless, separable lean only, trimmed to 14" fat, choice, cooked, grilled 3.0 nz 0 20256 Food, fresh, loin, top loin (chops), boncless, separable lean only, trimmed to 14" fat, choice	03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0
10074 Porfs. fresh, shoulder, arm picnic, separable lean and fat, raw 244.0 1.0 cup 0 1.0 cup 0 1.0 cup 1.0	11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0
Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D 1.0 cup and vitamin D 1.0 cup. diced 0.0 1.0 cup. diced 0.0 cup.	18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0
1615 Soy flour, full-fit, raw 1616 Soy flour, full-fit, raw 1616 Cheese, colby 1320 1.0 cup, stirred 0.0 2590 Beel, round, bostom round, rosst, separable lean only, trimmed to 18' fat, select, cooked, rossted 28.35 1.0 co. 0.0 2590 Beel, round, bostom round, rosst, separable lean only, trimmed to 18' fat, select, cooked, rossted 28.35 1.0 serving (3 or) 0.0 2591 Beel, chuck, unfer libed por troust, bondeless, separable lean and fat, trimmed to 0' fat, select, cooked, rossted 8.50 3.0 or 0.0 2592 Beel, tenderloin, roast, separable lean and fat, trimmed to 0' fat, choice, cooked, grilled 8.50 3.0 or 0.0 2593 Beel, found, klunckly, tip center, steak, separable lean and fat, trimmed to 0' fat, choice, cooked, grilled 8.50 3.0 or 0.0 2594 Beel, found, klunckly, tip center, steak, separable lean only, trimmed to 0' fat, choice, cooked, grilled 1240 1.0 flut 0.0 2595 Beel, found, klunckly, tip center, steak, separable lean only, trimmed to 0' fat, choice, cooked, grilled 1240 1.0 flut 0.0 2595 Beel, found, klunckly, tip center, steak, separable lean only, trimmed to 0' fat, choice, cooked, grilled 1240 1.0 clunc, chunks 0.0 2595 Beel, found, tip center, steak, separable lean only, trimmed to 0' fat, choice, cooked, grilled 1810 1.0 clunc, chunks 0.0 2595 Point, fresh, Ioin, top foin (chops), bondees, separable lean only, with added solution, cooked, pun-broided 1850 1.0 clunc, chunks 0.0 2595 Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 14' fat, choice, cooked, grilled 1850 1.0 clunc, chunks 0.0 2596 Point, trans, lipta, canned in water, drained solids 1.0 clunc, chunks 0.0 2597 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 14' fat, choice, cooked, grilled 1.0 clunc, should 0.0 2598 Deel, chunk, short ribs, boncless, separable lean and fat, trimmed to 0' fat, choice, cook	10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0
1320 1320	14634	•	244.0	1.0 cup	0
25590 Ref., round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted 28.35 1.0 serving (3 oz.) 0	16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0
05658 Ostrich, top Ioin, cooked 85.0 1.0 serving (3 oz) 0 13381 Beef, chuck, under blade por rosst, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised braised 85.0 3.0 oz 0 13925 Beef, tenderfoin, rosat, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 3.0 oz 0 23046 Beef, tenderfoin, rosat, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 0 33265 Babyfood, juice, apple and grape 31.2 1.0 flor 0 0 23276 Beef, loin, top stion infel, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 124.0 1.0 fliter 0 0 10 1.0 fliter 0 0 10 1.0 fliter 0 0 0 0 0 10 0 1.0 fliter 0 0 1.0 fliter 0 0 1.0 fliter 0 0 1.0 fliter 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	01011	Cheese, colby	132.0	1.0 cup, diced	0
13381 Beef, chuck, under blade pot roust, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, brainsed 85.0 3.0 oz 0.0 13925 Beef, fenderfoin, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 0.0 23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 0.0 23257 Beef, bin, top sirloin filet, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 124.0 1.0 fillet 0.0 23257 Beef, bin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 124.0 1.0 fillet 0.0 23257 Beef, bin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 124.0 1.0 chop boneless 0.0 23258 Pincapole, canaed, Juice pack, drained 181.0 1.0 cup, chunks 0.0 23259 Pincapole, canaed, Juice pack, drained 181.0 1.0 cup, chunks 0.0 23251 Fish, tuna, light, canned in water, drained solids 28.35 1.0 oz 0.0 23251 Fish, tuna, light, canned in water, drained solids 28.35 1.0 oz 0.0 23254 Lumb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1.4" fat, choice, cooked, associated 28.50 3.0 oz 0.0 23254 Turksy, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 23254 Beef, chock, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 23259 Beef, chock, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0.0 23254 Beef, chock, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 85.0 3.0 oz 0.0 23264 Beef, chock, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 85.0 3.0 oz 0.0 23265 Frostings, chocolade, creamy, ready-to-cat 41.0 2.0 thep cre	23590	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
13925 Becf, tenderforin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz 0	05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0
23046 Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 0 0 0 0 0 0 0 0 0	13381		85.0	3.0 oz	0
03265 Babyfood, juice, apple and grape 31.2 1.0 fl oz 0 23257 Beef, loin, top sirloin filet, boncless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 124.0 1.0 flilet 0 04545 Oil, sunflower, linoleic, (partially hydrogenated) 13.6 1.0 tbsp 0 09354 Pineapple, canned, juice pack, drained 181.0 1.0 cup, chunks 0 10888 Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled 150.0 1.0 chop boneless 0 15121 Fish, turna, light, canned in water, drained solids 28.35 1.0 oz 0 17042 Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1.4" fat, choice, cooked, roasted 85.0 3.0 oz 0 05744 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0 13496 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled 85.0 3.0 oz 0 33225 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 35.5 1.0 fl oz 0 3346 Beef, lo	13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
23257 Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 1240 1.0 fillet 0 04545 Oil, sunflower, linoleic, (partially hydrogenated) 13.6 1.0 tbsp 0 09354 Pineapple, canned, juice pack, drained 1810 1.0 cup, chunks 0 09354 Pineapple, canned, juice pack, drained 1810 1.0 cup, chunks 0 0 0 0 0 0 0 0 0	23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
04545 Oil, sunflower, linoleic, (partially hydrogenated) 13.6 1.0 tbsp 0 09354 Pineapple, canned, juice pack, drained 181.0 1.0 cup, chunks 0 10858 Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled 150.0 1.0 chop boneless 0 15121 Fish, tuna, light, canned in water, drained solids 28.35 1.0 oz 0 17042 Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted 85.0 3.0 oz 0 05744 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0 07067 Poultry salad sandwich spread 13.0 1.0 tbsp 0 13496 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled 85.0 3.0 oz 0 3129 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 32326 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 30.5 1.0 fl oz 0 32346 Beef, loin, tenderloin roast, bon	03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0
09354 Pineapple, canned, juice pack, drained 181.0 1.0 cup, chunks 0 10858 Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled 150.0 1.0 chop boneless 0 15121 Fish, tuna, light, canned in water, drained solids 28.35 1.0 oz 0 17042 Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted 85.0 3.0 oz 0 05744 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0 07067 Poultry salad sandwich spread 13.0 1.0 tbsp 0 13496 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled 85.0 3.0 oz 0 23129 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 30.5 1.0 fl oz 0 23346 Beef, Join, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 85.0 3.0 oz 0 4	23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0
10858 Pork, fresh, loin, top Ioin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled 1500 1.0 chop boneless 0 15121 Fish, tuna, light, canned in water, drained solids 28.35 1.0 oz 0 17042 Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted 85.0 3.0 oz 0 05744 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0 07067 Poultry stada sandwich spread 13.0 1.0 tbsp 0 13496 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled 85.0 3.0 oz 0 23129 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 30.5 1.0 fl oz 0 23346 Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 85.0 3.0 oz 0 04704 Salad dressing, popyseed, creamy 41.0 2.0 tbsp creamy 0 10038 <td>04545</td> <td>Oil, sunflower, linoleic, (partially hydrogenated)</td> <td>13.6</td> <td>1.0 tbsp</td> <td>0</td>	04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0
Fish, tuna, light, canned in water, drained solids 28.35 1.0 oz 0	09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0
Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 07067 Poultry salad sandwich spread 13.0 1.0 tbsp 0 13496 Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled 85.0 3.0 oz 0 4.0 oz	10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0
roasted Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 Turkey, back, from whole bird, meat and skin, with added solution coked, braised 114.0 Turkey, back, from whole bird, ed. op. 114.0 Turkey, back, from whole star, ed. op. 114.0 Turkey, back, from shall, ed. op. 114.0	15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0
Poultry salad sandwich spread Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted Salad dressing, poppyseed, creamy Frostings, chocolate, creamy, ready-to-eat Frostings, chocolate, creamy, ready-to-eat Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0	17042		85.0	3.0 oz	0
Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled 85.0 3.0 oz 0 23129 Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 03925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 30.5 1.0 fl oz 0 23346 Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 85.0 3.0 oz 0 04704 Salad dressing, poppyseed, creamy 19226 Frostings, chocolate, creamy, ready-to-eat 41.0 2.0 tbsp creamy 0 10038 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled 85.0 3.0 oz 0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 16057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 164.0 1.0 steak (yield from 148.1 g raw meat) 0 10340 Game meat, elk, loin, separable lean only, cooked, broiled	05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0
Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw 85.0 3.0 oz 0 3925 Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 30.5 Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 85.0 3.0 oz 0 4704 Salad dressing, poppyseed, creamy 33.0 2.0 tbsp 0 19226 Frostings, chocolate, creamy, ready-to-eat 41.0 2.0 tbsp creamy 0 10038 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled 85.0 3.0 oz 0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 16057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 164.0 1.0 steak (yield from 148.1 g raw meat) 0 1.0 steak (yield from 148.1 g raw meat)	07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0
Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed 30.5 Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 85.0 3.0 oz 04704 Salad dressing, poppyseed, creamy Frostings, chocolate, creamy, ready-to-eat 41.0 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 164.0 1.0 steak (yield from 148.1 g raw meat) 0	13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0
Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 85.0 3.0 oz 04704 Salad dressing, poppyseed, creamy Frostings, chocolate, creamy, ready-to-eat 41.0 2.0 tbsp creamy 0 10038 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled 85.0 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 10945 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 164.0 1.0 steak (yield from 148.1 g raw meat) 0 17340 Game meat, elk, loin, separable lean only, cooked, broiled	23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
Salad dressing, poppyseed, creamy Frostings, chocolate, creamy, ready-to-eat Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) O	03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0
Frostings, chocolate, creamy, ready-to-eat Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 164.0 1.0 steak (yield from 148.1 g raw meat) O 17340 Game meat, elk, loin, separable lean only, cooked, broiled	23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 164.0 1.0 steak (yield from 148.1 g raw meat) O 17340 O 1.0 steak (yield from 148.1 g raw meat)	04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 16057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 164.0 1.0 steak (yield from 148.1 g raw meat) 0 17340 Game meat, elk, loin, separable lean only, cooked, broiled	19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0
braised 16057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 164.0 1.0 cup 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0	10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat)	10945		85.0	3.0 oz	0
	16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0
Milk, buttermilk, fluid, cultured, reduced fat 245.0 1.0 cup	17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0
	42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0
20133	Rice noodles, dry	57.0	2.0 oz	0
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0
08510	Milk and cereal bar	25.0	1.0 bar	0
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
07018	Chicken spread	56.0	1.0 serving (1 serving)	0
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
19154	Candies, sesame crunch	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0
05311	Chicken, canned, no broth	28.0	1.0 oz	0
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0
20061	Rice flour, white, unenriched	158.0	1.0 cup	0
09434	Guanabana nectar, canned	251.0	1.0 cup	0
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0
43406	Yeast extract spread	6.0	1.0 tsp	0
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0
15014	Fish, cisco, smoked	28.35	1.0 oz	0
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0
04516	Oil, teaseed	13.6	1.0 tablespoon	0
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0
17224	Lamb, ground, raw	28.35	1.0 oz	0
42148	Candies, MARS SNACKFOOD US, M& M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
02007	Spices, celery seed	2.0	1.0 tsp	0
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0
01006	Cheese, brie	28.35	1.0 oz	0
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
04542	Fat, chicken	12.8	1.0 tbsp	0
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0
07971	Bologna, meat and poultry	33.0	1.0 slice	0
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
01070	Dessert topping, powdered	43.0	1.5 oz	0
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	0
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0
15062	Fish, pike, northern, raw	85.0	3.0 oz	0
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0
15261	Fish, tilapia, raw	116.0	1.0 fillet	0
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0
01025	Cheese, monterey	132.0	1.0 cup, diced	0
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0

26.03 Secf. chacks, amp pot roset, separable lean only, trimmed to 18" fit, all grades, row 28.35 3.0 oz 0 13807 Secf. chould, bottom round, steak, separable lean only, trimmed to 0" fit, all grades, cooked, bristod 85.0 3.0 oz 1 serving 0 12813 Secf., shoulder steak, bounder, separable lean only, trimmed to 0" fit, all grades, row 85.0 3.0 oz 1 serving 0 12827 1282	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
1945 Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, row	23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
2959 Becf, fibbye cap steak, bouckes, separable lean and fia, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 0 23270 Ref, fibbye cap steak, bouckes, separable lean only, trimmed to 0" fat, choice, raw 12.8 1.0 they 0 23270 Ref, fibbye cap steak, bouckes, separable lean only, trimmed to 0" fat, choice, raw 12.8 1.0 they 0 23270 Compets (blackeyes), immature seeds, croked, boiled, drained, with salt 168.0 1.0 they 2 oz 0 23270 Compets (blackeyes), immature seeds, croked, boiled, drained, with salt 168.0 1.0 they 2 oz 0 23270 Ref, cwitte, long-grain, percooked or instant, enriched, prepared 165.0 1.0 they 2 oz 0 23271 Fork, cuted, ham and water product, whole, boncless, separable lean and fat, cooked, fast masted 85.0 1.0 serving 0 ac 23270 Reverages, coffee, instant, with whitener, reduced calorie 1.7 1.0 tap dry 0 23270 Reverages, coffee, instant, with whitener, reduced calorie 1.7 1.0 tap dry 0 23280 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 0 23290 Reverages, Connut water, ready-to-drink, unsweetened 245.0 1.0 cup 0 23291 Reverages, Connut water, ready-to-drink, unsweetened 245.0 1.0 cup 0 23292 Ref, chuck syst stab, bunders, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 23293 Ref, troub, top or our drost, boncless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 23293 Ref, troub, try stab, bunders, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 23293 Ref, troub, try stab, bunders, separable lean and fat, trimmed to 0" fat, select, row 85.0 3.0 oz 0 23293 Ref, from, certer in fromash, blean only, crinked, rousted 85.0 3.0 oz 0 23293 Ref, from, teach from, certer in from the contest, perable lean only, crinked, rousted 85.0 3.0 oz 0 23293 Ref, from,	13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
2370 Recf. ribeye cap steak, boncless, separable lean only, rimmed to 0" fat, choice, raw 85.0 3.0 oz 0.04887 Shortening, special purpose for baking, soybean (dytriogenialed) path and cottonseed 12.8 1.0 thsp 0.0	13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0
1988 Shortening, special purpose for baking, soyhean (hydrogenated) palm and cottonseed 12.8 1.0 thsp 0.8	23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
11777 Cowpean (blackeyes), immature seeds, cooked, boiled, drained, with salt 1650 1.0 cup 0 0 10088 Candies, 51H AVENUE Candy Bar 560 1.0 km² or 0 0 0 10087 Rice, white, long-grain, precooked or instant, enriched, prepared 1650 1.0 cup 0 0 10087 Peak, curred, hum and water product, whole, boneless, separable lean only, heated, roasted 85.0 1.0 serving (3 oz) 0 10081 Lanh, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted 85.0 1.0 serving (3 oz) 0 0 0 0 0 0 0 0 0	23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
1908 Candies, 5TH AVENUE Candy Bar 1.0 bar 2 ox 0 20049 Rics, white, long grain, precooked or instant, enriched, prepared 165.0 1.0 curp 0 20049 Rics, white, long grain, precooked or instant, enriched, prepared 165.0 1.0 serving (3 ox 0 20079 Pork, curred, ham and water product, whole, boneless, separable lean and fat, cooked, fast roasted 85.0 1.0 serving (3 ox 0 20070 OSCAR MAYER, Braunschweiger Liver Sausage (sliced) 85.0 3.0 ox 0 20070 OSCAR MAYER, Braunschweiger Liver Sausage (sliced) 85.0 1.0 torving 0 20070 OSCAR MAYER, Braunschweiger Liver Sausage (sliced) 85.0 1.0 torving 0 20070 OSCAR MAYER, Braunschweiger Liver Sausage (sliced) 85.0 1.0 torp dry 0 20070 OSCAR MAYER, Braunschweiger Liver Sausage (sliced) 85.0 3.0 ox 0 20070 OSCAR MAYER, Braunschweiger Liver Sausage (sliced) 85.0 1.0 torp dry 0 20070 OSCAR MAYER, Braunschweiger Liver Sausage (sliced) 0 20070 OSCAR MAYER, Braunschweiger Li	04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0
Ricc, white, Iong-grain, precooked or instant, enriched, prepared 165.0 1.0 cup 0	11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0
10871 Pork, cured, ham and water product, whole, boueless, separable lean and fat, cooked, fast roasted 85.0 1.0 serving 0.0	19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0
17081 Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted 85.0 3.0 oz 0	20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0
07207 OSCAR MAYER, Brannschweiger Liver Sausage (sliced) 85.0 3.0 oz 0 43401 Beverages, coffee, instant, with whitener, reduced calorie 1.7 1.0 tsp dry 0 13598 Berf, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 0 14090 Beverages, Coconut water, ready-to-drink, unswectened 245.0 1.0 cup 0 15002 Fish, anchovy, curopean, canned in oil, drained solids 28.35 1.0 oz, boneless 0 23142 Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 23422 Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA 106.0 1.0 serving 100 ml 0 23359 Beef, troud, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 95013 Chicken, broilers or fryers, meat only, roasted 140.0 1.0 cup, chopped or diced 0 11493 Squash, winter, speghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup, chopped or diced 0 <t< td=""><td>10871</td><td>Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted</td><td>85.0</td><td>1.0 serving (3 oz)</td><td>0</td></t<>	10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
Beverages, coffee, instant, with whitener, reduced calorie 1.7 1.0 tsp dry 0	17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0
Beef, shoulder top blade steak, boncless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled 3.0 oz 0	07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	0
14996 Beverages, Coconut water, ready-to-drink, unsweetened 245.0 1.0 cup 0 15002 Fish, anchovy, european, canned in oil, drained solids 28.35 1.0 oz, boneless 0 15002 Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 169342 Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA 106.0 1.0 serving 100 ml 0 23359 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 05013 Chicken, broilers or fryers, meat only, roasted 140.0 1.0 cup, chopped or diced 0 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 0 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0 13903 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0 15151 Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) 85.0 3.0 oz 0 152323 Beef, fib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 0 152445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 113.0 4.0 oz 0 15245 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0 152465 Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed 40.0 1.0 drumstick, bone and skin removed 10 1525 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 1.0 drumstick, bone and skin removed 10 1526 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 1.0 drumstic	43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0
Fish, anchovy, curopean, canned in oil, drained solids 28.35 1.0 oz, boneless 0	13598		85.0	3.0 oz	0
23142 Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 0 03942 Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA 106.0 1.0 serving 100 ml 0 23359 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 05013 Chicken, broilers or fryers, meat only, roasted 140.0 1.0 cup, chopped or diced 0 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup, chopped or diced 0 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0 13903 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0 15151 Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) 85.0 3.0 oz	14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0
03942 Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA 106.0 1.0 serving 100 ml 0 23359 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 05013 Chicken, broilers or fryers, meat only, roasted 140.0 1.0 cup, chopped or diced 0 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup, chopped or diced 0 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0 17357 Lamb, New Zealand, imported, brains, cooked, soaked and fried 85.0 3.0 oz 0 13903 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0 15151 Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) 85.0 3.0 oz 0	15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0
23359 Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 05013 Chicken, broilers or fryers, meat only, roasted 140.0 1.0 cup, chopped or diced 0 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 0 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0 13903 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0 15151 Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) 85.0 3.0 oz 0 23235 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 0 04506 Oil, sunflower, linoleic, (approx. 65%) 13.6 1.0 tbsp 0 23445 Beef,	23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
Chicken, broilers or fryers, meat only, roasted 140.0 1.0 cup, chopped or diced 0 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 0 10051 Pork, fresh, Ioin, center rib (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0 17357 Lamb, New Zealand, imported, brains, cooked, soaked and fried 85.0 3.0 oz 0 18903 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0 15151 Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) 85.0 3.0 oz 0 123235 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 0 14506 Oil, sunflower, linoleic, (approx. 65%) 13.6 1.0 tbsp 0 14455 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 113.0 4.0 oz 0 15172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0 15172 Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed 40.0 1.0 drumstick, bone and skin removed 0 10202 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 3.0 oz 0	03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 0 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted 85.0 3.0 oz 0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0 17357 Lamb, New Zealand, imported, brains, cooked, soaked and fried 85.0 85.0 3.0 oz 0 13903 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14251 Alcoholic beverages, beer, higher alcohol 15151 Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) 85.0 3.0 oz 0 23235 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Oil, sunflower, linoleic, (approx. 65%) 13.6 1.0 tbsp 0 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 113.0 4.0 oz 0 5172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 drumstick, bone and skin removed 1002 Pork, fried Chicken, Drumstick, meat only, skin and breading removed 40.0 1.0 drumstick, bone and skin removed 0 1002 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 3.0 oz 0 3.0 oz 0 1.0 drumstick, bone and skin removed	23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted 85.0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 17357 Lamb, New Zealand, imported, brains, cooked, soaked and fried 85.0 3.0 oz 0 13903 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14251 Alcoholic beverages, beer, higher alcohol 15151 Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) 85.0 3.0 oz 0 23235 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised 04506 Oil, sunflower, linoleic, (approx. 65%) 13.6 1.0 tbsp 0 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 113.0 4.0 oz 0 5172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 drumstick, bone and skin removed 10202 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 3.0 oz 0 3.0 oz	05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0
Pork, Shoulder breast, boneless, separable lean and fat, raw 17357 Lamb, New Zealand, imported, brains, cooked, soaked and fried 185.0 3.0 oz 0 18903 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 185.0 3.0 oz 0 14251 Alcoholic beverages, beer, higher alcohol 15151 Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) 185.0 3.0 oz 0	11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0
Lamb, New Zealand, imported, brains, cooked, soaked and fried 85.0 3.0 oz 0 13903 Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0 15151 Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) 85.0 3.0 oz 0 23235 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised 0il, sunflower, linoleic, (approx. 65%) 13.6 1.0 tbsp 0 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 113.0 4.0 oz 0 5172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 drumstick, bone and skin removed 10202 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 3.0 oz 0 3.0 oz 0 4.0 oz 0 1.0 drumstick, bone and skin removed 0 3.0 oz 0 3.0 oz 0 3.0 oz 0 3.0 oz 0 4.0 o	10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz 0 14251 Alcoholic beverages, beer, higher alcohol 30.6 1.0 fl oz 0 15151 Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) 85.0 3.0 oz 0 23235 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 0 04506 Oil, sunflower, linoleic, (approx. 65%) 13.6 1.0 tbsp 0 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 113.0 4.0 oz 0 05172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0 110 giblets 0 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 3.0 oz 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
Alcoholic beverages, beer, higher alcohol Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Oil, sunflower, linoleic, (approx. 65%) Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw Difference of the products, which is a special cooked, simmered Turkey, whole, giblets, cooked, simmered Turkey, whole, giblets, cooked, simmered Past Foods, Fried Chicken, Drumstick, meat only, skin and breading removed Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried Solution 30.6 1.0 fl oz 0 30.6 1.0 fl oz 0 1.0 giblets 0 1.0 drumstick, bone and skin removed 0 10202 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried Solution 30.6 1.0 fl oz 0 1.0 fl oz 0 3.0 oz 0	17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0
Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) 85.0 3.0 oz 0 23235 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 0il, sunflower, linoleic, (approx. 65%) 13.6 1.0 tbsp 0 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 113.0 4.0 oz 0 5172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0 21465 Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed 40.0 1.0 drumstick, bone and skin removed Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 3.0 oz 0	13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised Oil, sunflower, linoleic, (approx. 65%) Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 113.0 Turkey, whole, giblets, cooked, simmered 75.0 Turkey, whole, giblets, cooked, simmered 75.0 Turkey, whole, giblets, cooked, simmered 75.0 Department of the product of the produc	14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0
Oil, sunflower, linoleic, (approx. 65%) 13.6 10.0 tbsp 0 23445 Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 113.0 113.0 4.0 oz 0 5172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0 21465 Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed 40.0 1.0 drumstick, bone and skin removed 10202 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 3.0 oz 0	15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0
Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw 113.0 4.0 oz 0 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0 21465 Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed 40.0 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 3.0 oz 0	23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0 21465 Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed 40.0 1.0 drumstick, bone and skin removed 0 10202 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 3.0 oz 0	04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0
Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed 40.0 1.0 drumstick, bone and skin removed 0 Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 3.0 oz 0	23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0
Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried 85.0 3.0 oz 0	05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0
	21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0
01094 Milk, buttermilk, dried 30.0 0.25 cup 0	10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
	01094	Milk, buttermilk, dried	30.0	0.25 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05631	Emu, oyster, raw	85.0	3.0 oz	0
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0
19041	Snacks, pork skins, plain	28.35	1.0 oz	0
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
11976	Pepper, banana, raw	124.0	1.0 cup	0
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0

1917	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
16028 Beans, kidney, all types, mature seeds, cooked, boiled, without sult 177.04 177.04 ved. variety means and by-products, liver, cooked, particular of the cound, bottom count, coast, separable leam and fat, trimmed to 1/8" fat, all grades, cooked, crossed 67.0 1.0 since 0 23978 Beef, rob yes teak/roast, borne in, lip-on, separable leam and fat, trimmed to 1/8" fat, choice, row 85.0 3.0 co. 0 23413 Beef, rib yes teak/roast, borne in, lip-on, separable leam and fat, trimmed to 1/8" fat, choice, row 85.0 3.0 co. 0 23413 Beef, rib yes teak/roast, borne in, lip-on, separable leam and fat, trimmed to 1/8" fat, choice, row 85.0 3.0 co. 0 23413 Beef, New Zealand, imported, flats, separable leam and fat, crossed 116.0 1.0 liph yiii yiii yiii yiii yii yii yii yii yi	19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0
17204 Veal, variety meats and by-products, liver, cooked, pan-fried 67.0 6.	10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0
18870 Recf. round, bottom round, reast, separable lean and fat, trimmed to 18" fat, all grades, cooked, roasted 85.0 3.0 oz 0 23193 Beef, rib vey steak/roust, bone-in, lip-on, separable lean and fat, trimmed to 18" fat, choice, raw 85.0 3.0 oz 0 05098 Chicken, broilers of fivers, bidgh, meat only, cooked, roasted 116.0 1.0 thigh without skin 0 1615 Sweet potanc, canned, syrup pack, solids and liquids 228.3 1.0 oz 0 10373 Pork, cured, harn, crark kan (approximately 4% fat), canned, unbeated 40.0 1.0 oz 0 10225 Syrulk, original and vanilla, light, with alded calcium, vitamits A and D 24.5 1.0 cz 0 1044 Cheese, pasteurized process, swiss 40.0 1.0 cz 0 1049 Lamb, New Zealand, imported, livit, bondess, separable lean and fat, cooked, fast roasted 85.0 3.0 oz 0 3386 Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder 94 1.0 cz 1.0 cz 43114 Vernicelli, made from soy 2.0 1.0 cz 1.0 cz 1365 Beef, chuck, up blade, separable lean and fat, cricked, cooked, br	16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
2313 Beef, nbe ye steak/roast, bone-in, lip-on, separable lean and far, trimmed to 1/8" far, choice, raw 85.0 3.0 oz 0 23413 Beef, New Zealand, imported, list, separable lean only, raw 1150 10.0 d. 0.0	17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0
23413 Beef, New Zealand, imported, flat, separable lean only, raw 1130 40 or 05998 Chicken, breiders or fryers, shight, meat only, cooked, roasted 1160 1.0 thigh without skin 0 05908 Chicken, breiders or fryers, shight, meat only, cooked, roasted 228.0 1.0 cep 0 0503 Babytsord, mear, beef, Junior 28.35 1.0 cep 0 10137 Pork, cured, harm, extra lean (approximately 4% fig.), canned, unbrated 1400 1.0 cep 0 10225 Soynilli, original and varilla, light, with added calcium, vitamins A and D 243 1.0 cep 0 17409 Lamb, New Zealand, imported, Ioin, boneless, separable lean and fat, cooked, fast roasted 850 1.0 cep 3.0 ce 0 33868 Infant Formula, GERBER COOD START 2, GENTLE PLUS, powder 94 1.0 scop 0 8114 Vermicelli, made from so 140 1.0 cep 0 8134 Vermicelli, made from so 244 1.0 cep 0 8141 Vermicelli, made from so 1.0 cep 0 8156 Chrick, cype back, pearable lean only, trimmed to	13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
05098 Chicken, broilers or fyers, thigh, meat only, cooked, roasted 11610 1.0 thigh without skin 0 11615 Sweet potates, camed, syrup pack, solids and liquids 228.0 1.0 cg 0 3003 Baby food, meat, beef, juinor 283.5 1.0 cg 0 10137 Pork, cured, ham, extra lean (approximately 4% fat), camed, unbeated 243.0 1.0 cg 0 1022 Soymilk, original and vanilla, light, with added calcium, vitamins A and D 243.0 1.0 cg 0 1040 Cames, pasteurized process, swiss 1400 1.0 cg 0 3886 Infant Formula, GRRBER GOOD START 2, GENTLE PLUS, powder 85.0 3.0 cg 0 3886 Infant Formula, GRRBER GOOD START 2, GENTLE PLUS, powder 9.0 1.0 cg 0 45114 Vernicelli, made from soy 1.0 cg 1.0 cg 0 1.0 cg 0 45161 Cercals, CREAM OF RICE, cooked with water, without sait 244.0 1.0 cg 1.0 cg 0 4527 Beef, chuck, ep blade, separable lean andy, trimmed to 0° fat, choice, cooked, grilled 85.0 3.0 cg 3.0 cg<	23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
1045 Sweet potato, canned, syrup puck, solids and liquids	23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0
03003 Babyfood, meat, beef, junior 28.35 1.0 oz 0 10137 Pork, cured, ham, extra lean (approximately 4% fai), canned, unheated 1400 0.0 cm. 0.0 cm. 0 16225 Soymilk, original and vanilla, light, with added calcium, vitamins A and D 2430 1.0 cup, diced 0 10404 Chesse, pasteurized process, swiss 1400 1.0 cup, diced 0 17409 Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted 85.0 3.0 oz 0 33868 Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder 94 1.0 scoop 0 43114 Vermicelli, made from soy 1400 1.0 cup 0 43101 Vermicelli, made from soy 1400 1.0 cup 0 18010 Cercals, CREAM OF RICE, cooked with water, writhout salt 2440 0.10 cup 0 18045 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 0 18050 Beef, chuck, top blade, separable lean and fat, trimmed to 18" fat, select, cooked, grilled 85.0 1.0 cip 1.0	05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0
10137 Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated 140.0 1.0 cup 0 0 16225 Soymilk, original and vanilla, light, with added calcium, vitamins Λ and D 243.0 1.0 cup, diced 0 10 cup 0 0 0 10 cup 0 0 0 10 cup 0 0 0 0 0 0 0 0 0	11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0
16225 Soymilk, original and vanilla, light, with added calcium, vitamins A and D 243.0 1.0 cup 0 01044 Cheese, pasteurized process, swiss 140.0 1.0 cup, diced 0 17409 Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted 85.0 3.0 oz 0 383868 Infinit Formula, GRBBER GOOD START 2, GENTLE PLUS, powder 94 1.0 cup 0 43114 Vermicelli, made from soy 140.0 1.0 cup 0 8101 Cercals, CREAM OF RICE, cooked with water, without salt 244.0 1.0 cup 0 13905 Beef, chuck, top blade, separable lean only, trimmed to 0° fat, choice, cooked, broiled 85.0 3.0 oz 0 23075 Beef, chuck, top blade, separable lean and fat, trimmed to 1'8" fat, choice, cooked, grilled 85.0 3.0 oz 0 23286 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1'8" fat, select, cooked, grilled 185.0 1.0 fillet 0 04624 Margarine-like, vegetable oil spread, fat free, liquid, with salt 15.0 1.0 tub 0 3338 USDA Commodily, Chicken, camed, meat only, trimmed to	03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0
01044 Cheese, pasteurized process, swiss 14.00 1.0 cup, diced 0 17409 Lamb, New Zcaland, imported, loin, boncless, separable lean and fat, cooked, fast roasted 85.0 3.0 oz 0 33868 Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder 9.4 1.0 scoop 0 43114 Vernicelli, made from soy 140.0 1.0 cup 0 18101 Cereals, CREAM OF RICE, cooked with water, without salt 244.0 1.0 cup 0 18065 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 4367 Beverages, tea, instant, unswectened, prepared with water 29.7 1.0 fl oz 0 23075 Beef, chuck, eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 0 43286 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 85.0 1.0 flillet 0 4624 Margarine-like, vegetable oil spread, fat free, liquid, with salt 15.0 1.0 flillet 0 45313 Beef, chuck, clod roast, separable lean only, trimmed to 1/	10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0
17409	16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0
33868 Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder 9.4 1.0 scoop 0 43114 Vermicelli, made from soy 1400 1.0 cup 0 08101 Cereals, CREAM OF RICE, cooked with water, without salt 2440 1.0 cup 0 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 14367 Beers, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 0 23075 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 135.0 1.0 fillet 0 04624 Margarine-like, vegetable oil spread, fat free, liquid, with salt 15.0 1.0 tbsp 0 23513 Beef, touck, clod roast, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 1.0 cup drained 0 05338 USDA Commodity, Chicken, canned, meat only, with broth 135.0 1.0 cup drained 0 13322 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 3.0 oz 0 17106 <t< td=""><td>01044</td><td>Cheese, pasteurized process, swiss</td><td>140.0</td><td>1.0 cup, diced</td><td>0</td></t<>	01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0
43114 Vermicelli, made from soy 140.0 1.0 cup 0 08101 Cereals, CREAM OF RICE, cooked with water, without salt 244.0 1.0 cup 0 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 14367 Beverages, tea, instant, unsweetened, prepared with water 29.7 1.0 fl oz 0 23075 Beef, chuck eye steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 3.0 oz 0 23286 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 135.0 1.0 fillet 0 4604 Margarine-like, vegetable oil spread, fat free, liquid, with salt 15.0 1.0 tbsp 0 43313 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw 28.35 1.0 oz 0 5338 USDA Commodity, Chicken, canned, meat only, with broth 135.0 1.0 cup drained 0 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 3.0 oz 0 10877 Po	17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
08101 Cereals, CREAM OF RICE, cooked with water, without salt 244.0 1.0 cup 0 13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 14367 Beverages, tea, instant, unsweetened, prepared with water 29.7 1.0 fl oz 0 23075 Beef, chuck eye steak, boneless, separable lean only, trimmed to 1"8" fat, choice, cooked, grilled 85.0 3.0 oz 0 23286 Beef, top loin filet, boneless, separable lean and fat, trimmed to 178" fat, select, cooked, grilled 135.0 1.0 fillet 0 04624 Margarine-like, vegetable oil spread, fat free, liquid, with salt 15.0 1.0 tup 0 04624 Margarine-like, vegetable lean only, trimmed to 174" fat, all grades, raw 28.35 1.0 oz 0 05338 USDA Commodity, Chicken, canned, meat only, with broth 135.0 1.0 cup drained 0 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 178" fat, choice, cooked, grilled 85.0 3.0 oz 0 10867 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated 28.35 1.0 oz 0	33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0
13965 Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz 0 14367 Beverages, tea, instant, unsweetened, prepared with water 29.7 1.0 fl oz 0 23075 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 0 23286 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 135.0 1.0 fillet 0 04624 Margarine-like, vegetable oil spread, fat free, liquid, with salt 15.0 1.0 tbsp 0 23313 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw 28.35 1.0 oz 0 05338 USDA Commodity, Chicken, canned, meat only, with broth 135.0 1.0 cup drained 0 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 3.0 oz 0 10887 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated 28.35 1.0 oz 0 17106 Veal, loin, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 <td>43114</td> <td>Vermicelli, made from soy</td> <td>140.0</td> <td>1.0 cup</td> <td>0</td>	43114	Vermicelli, made from soy	140.0	1.0 cup	0
14367 Beverages, tea, instant, unsweetened, prepared with water 29.7 1.0 fl oz 0	08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0
23075 Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz 0 23286 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 135.0 1.0 fillet 0 04624 Margarine-like, vegetable oil spread, fat free, liquid, with salt 15.0 1.0 tbsp 0 23513 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw 28.35 1.0 oz 0 05338 USDA Commodity, Chicken, canned, meat only, with broth 135.0 1.0 cup drained 0 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 3.0 oz 0 10887 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated 28.35 1.0 oz 0 17106 Veal, loin, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, crumbled 0 07914 Sausage, Italian, sweet, links 84.0 1.0 link 3 oz 0 43497 Jellyfish, dried, salted	13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
23286 Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled 135.0 1.0 fillet 0 04624 Margarine-like, vegetable oil spread, fat free, liquid, with salt 15.0 1.0 tbsp 0 23513 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw 28.35 1.0 oz 0 05338 USDA Commodity, Chicken, canned, meat only, with broth 135.0 1.0 cup drained 0 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 3.0 oz 0 10887 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated 28.35 1.0 oz 0 17106 Veal, loin, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, crumbled 0 07914 Sausage, Italian, sweet, links 84.0 1.0 link 3 oz 0 43497 Jellyfish, dried, salted 58.0 1.0 cup, crumbled 0 15035 Fish, haddock, smoked 28.35 1.0 oz, boneless	14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0
04624 Margarine-like, vegetable oil spread, fat free, liquid, with salt 15.0 1.0 tbsp 0 23513 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw 28.35 1.0 oz 0 05338 USDA Commodity, Chicken, canned, meat only, with broth 135.0 1.0 cup drained 0 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 3.0 oz 0 10887 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated 28.35 1.0 oz 0 17106 Veal, loin, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, crumbled 0 07914 Sausage, Italian, sweet, links 84.0 1.0 link 3 oz 0 43497 Jellyfish, dried, salted 58.0 1.0 cup 0 14148 Beverages, carbonated, cola, regular 30.7 1.0 fl oz 0 15035 Fish, haddock, smoked 28.35 1.0 oz, boneless 0 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted<	23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23513 Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw 28.35 1.0 oz 0 05338 USDA Commodity, Chicken, canned, meat only, with broth 135.0 1.0 cup drained 0 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 3.0 oz 0 10887 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated 28.35 1.0 oz 0 17106 Veal, loin, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 01165 Cheese, mexican, queso anejo 132.0 1.0 cup, crumbled 0 07914 Sausage, Italian, sweet, links 84.0 1.0 link 3 oz 0 43497 Jellyfish, dried, salted 58.0 1.0 cup 0 14148 Beverages, carbonated, cola, regular 30.7 1.0 fl oz 0 15035 Fish, haddock, smoked 28.35 1.0 oz, boneless 0 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0	23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0
USDA Commodity, Chicken, canned, meat only, with broth 13232 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 3.0 oz 0 10887 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated 28.35 1.0 oz 0 17106 Veal, loin, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 10165 Cheese, mexican, queso anejo 1132.0 1.0 cup, crumbled 0 107914 Sausage, Italian, sweet, links 84.0 1.0 link 3 oz 0 43497 Jellyfish, dried, salted 58.0 1.0 cup 0 14148 Beverages, carbonated, cola, regular 15035 Fish, haddock, smoked 28.35 1.0 oz, boneless 0 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled 85.0 3.0 oz 0 10887 Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated 28.35 1.0 oz 0 17106 Veal, loin, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 10165 Cheese, mexican, queso anejo 132.0 1.0 cup, crumbled 0 07914 Sausage, Italian, sweet, links 84.0 1.0 link 3 oz 0 43497 Jellyfish, dried, salted 58.0 1.0 cup 0 14148 Beverages, carbonated, cola, regular 30.7 1.0 fl oz 0 15035 Fish, haddock, smoked 28.35 1.0 oz, boneless 0 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0
Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated Veal, loin, separable lean and fat, cooked, roasted 85.0 Cheese, mexican, queso anejo 132.0 1.0 cup, crumbled 07914 Sausage, Italian, sweet, links 84.0 1.0 link 3 oz 0 43497 Jellyfish, dried, salted 58.0 1.0 cup 0 14148 Beverages, carbonated, cola, regular 30.7 1.0 fl oz 0 15035 Fish, haddock, smoked 28.35 1.0 oz, boneless 0 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0
17106 Veal, loin, separable lean and fat, cooked, roasted 85.0 3.0 oz 0 10165 Cheese, mexican, queso anejo 132.0 1.0 cup, crumbled 0 107914 Sausage, Italian, sweet, links 84.0 1.0 link 3 oz 0 143497 Jellyfish, dried, salted 58.0 1.0 cup 0 14148 Beverages, carbonated, cola, regular 30.7 1.0 fl oz 0 15035 Fish, haddock, smoked 28.35 1.0 oz, boneless 0 15035 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0 15043 Chicken, broilers or fryers, dark meat, meat only, raw 109.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0	13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
Cheese, mexican, queso anejo Cheese, mexican, queso anejo 132.0 1.0 cup, crumbled 0 07914 Sausage, Italian, sweet, links 84.0 1.0 link 3 oz 0 43497 Jellyfish, dried, salted 58.0 1.0 cup 0 14148 Beverages, carbonated, cola, regular 30.7 1.0 fl oz 0 15035 Fish, haddock, smoked 28.35 1.0 oz, boneless 0 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0 0 0 1.0 unit (yield from 1 lb ready-to-cook chicken)	10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
Sausage, Italian, sweet, links 43497 Jellyfish, dried, salted 58.0 1.0 cup 0 14148 Beverages, carbonated, cola, regular 15035 Fish, haddock, smoked 28.35 1.0 oz, boneless 0 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 05043 Chicken, broilers or fryers, dark meat, meat only, raw 109.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0	17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
Jellyfish, dried, salted Beverages, carbonated, cola, regular 30.7 1.0 cup 0 14148 Beverages, carbonated, cola, regular 30.7 1.0 fl oz 0 15035 Fish, haddock, smoked 28.35 1.0 oz, boneless 0 23375 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz 0 05043 Chicken, broilers or fryers, dark meat, meat only, raw 109.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0
Beverages, carbonated, cola, regular 10 fl oz 15035 Fish, haddock, smoked 28.35 1.0 oz, boneless Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Chicken, broilers or fryers, dark meat, meat only, raw 109.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0
Fish, haddock, smoked 28.35 Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 Chicken, broilers or fryers, dark meat, meat only, raw 109.0 1.0 unit (yield from 1 lb ready-to-cook chicken)	43497	Jellyfish, dried, salted	58.0	1.0 cup	0
Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted Chicken, broilers or fryers, dark meat, meat only, raw 109.0 3.0 oz 0 1.0 unit (yield from 1 lb ready-to-cook chicken)	14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0
05043 Chicken, broilers or fryers, dark meat, meat only, raw 109.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0	15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0
	23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised 28.35	05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
	23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0
16107	Sausage, meatless	25.0	1.0 link	0
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
04536	Oil, sheanut	13.6	1.0 tablespoon	0
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
19070	Candies, butterscotch	28.35	1.0 oz	0
15109	Fish, surimi	28.35	1.0 oz	0
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0
13490	Beef, rib, eye, small end (ribs 10-12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0

1905 Bears, white, matter seeds, cooked, boiled, without salt 1790 1.0 cep	NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
8508 Xielbasa, fully cooked, grilled 13884 Beef, round, lip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted 85.0 3.0 oz 13221 Bescrip, SCRANS PARA De Charmberry Juice 237.0 8.0 ft no 23216 Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 48426 Beef, New Zealand, imported, manufacturing beef, cooked, boiled 85.0 3.0 oz 93021 Babybood, meat, meat sticks, junior 100 1.0 cup, crushed, sliced, or clouds 90267 Pinsegple, comeed, water pack, solids and liquids 246.0 1.0 cup, crushed, sliced, or clouds 90276 Pinsegple, comeed, water pack, solids, with said 160.0 1.0 cup, crushed, sliced, or clouds 90371 Bashybood, meat, meat sticks, junior 160.0 1.0 cup, crushed, sliced, or clouds 90470 Pinsegple, comeed, water pack, solids and liquids 246.0 1.0 cup, crushed, sliced, or clouds 90481 Beans, plink, mature seeds, cooked, biolid, with said 160.0 1.0 cup, crushed, sliced, or clouds 10141 Beans, plink, mature seeds, cooked, with said 180.0 <	16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
1884 Recf. round, tip round, coast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted 85.0 3.0 oz	17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0
14221 Beverages, OCFAN SPRAY, Diet Cranberry Juice 237.0 8.0 fl ox 23216 Beef, plate steak, boncless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 oz 23216 Beef, New Zealand, imported, manufacturing beef, cooked, boiled 85.0 3.0 oz 23216 Beef, New Zealand, imported, manufacturing beef, cooked, boiled 85.0 3.0 oz 23217 Bearing James 1.0 oz 1.0 oz 23218 Beef, New Zealand, imported, manufacturing beef, cooked, boiled 10.0 oz 1.0 oz 23218 Bears, Dirk, metat sticks, junior 1.0 oz 24219 Pincapple, canned, water pack, solids and liquids 1.0 oz 24219 Pincapple, canned, water pack, solids and liquids 1.0 oz 24219 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 oz 24219 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 oz 24219 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 oz 24219 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 oz 24314 Alcoholic beverage, wine, cooking 4.9 1.0 oz 24315 Alcoholic beverage, wine, cooking 4.9 1.0 oz 24315 Alcoholic beverage, wine, cooking 4.9 1.0 oz 24316 Alcoholic beverage, wine, cooking 4.9 1.0 oz 24316 Alcoholic beverage, wine, cooking 4.9 1.0 oz 24316 Beef, Abustralian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw 1.1 oz 24316 Beef, Abustralian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw 1.0 oz 24316 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 24316 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 24316 Boef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 24316 Boef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 24317 Boef, variety meats and by-products, kidneys, cook	07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0
23216 Beef, plate steak, honeless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 85.0 3.0 or 94042 Oil, peanur, salad or cooking 13.5 1.0 tbsp 24226 Beef, New Zealand, imported, manufacturing beef, cooked, boiled 85.0 3.0 or 05021 Bahyford, meat, meat sticks, junior 100 1.0 cup, crushed, sliced, or chunks 10176 Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried 85.0 1.0 cup, crushed, sliced, or chunks 10176 Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried 85.0 3.0 or 10180 Cheese, American, norfita or far free 19.0 1.0 cup 10181 Cheese, American, norfita or far free 19.0 1.0 cup 17423 Lamb, New Zealand, imported, transcription, separable lean and fat, raw 113.0 4.0 or 18389 Beef, Chuck, short risk, separable lean only, trimmed to 0" fat, select, cooked, braised 85.0 3.0 or 18414 Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 fl or 23305 Beef, Australian, imported, grass-fed, loin, top loin steal/roas, tonder, select,	13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
60402 Oil, peamut, salad or cooking 13.5 1.0 thsp 2426 Beef, New Zealand, imported, manufacturing beef, cooked, boiled 85.0 3.0 oz 8021 Balyfood, meat, meat siles, juinion 10.0 1.0 cup, crushed, sliced, or chunks 69267 Pincappile, canned, water pack, solids and liquids 246.0 1.0 cup, crushed, sliced, or chunks 10716 Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried 85.0 3.0 oz 16341 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 cup, crushed, sliced, or chunks 10743 Camb, New Zealand, imported, tenderloin, separable lean and fat, raw 113.0 4.0 oz 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 113.0 4.0 oz 41544 Alcoholic beverage, liqueur, coffee, 53 proof 348 1.0 long 14444 Alcoholic beverage, liqueur, coffee, 53 proof 348 1.0 long 23450 Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 23441 Beef, Jalez, otsitie, sist seate, separable lean and fat, trimmed to 0" fat, all grades, cooke	14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0
23426 Berf, New Zealand, imported, manufacturing beef, cooked, boiled 85.0 3.0 oz 03021 Balysfood, meat, meat sticks, junior 100 1.0 up, crushed, sliced, or chunks 03267 Pincapple, canned, water pack, solids and liquids 260 1.0 up, crushed, sliced, or chunks 03268 Pork, fresh, lon, center loin (chopps, hone-in, separable lean only, cooked, pan-fried 85.0 3.0 a 1634 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 up, crushed, sliced, or chunks 1634 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 up, crushed, sliced, or chunks 1640 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 up, crushed, sliced, or chunks 1742 Labolic beverage, kine, cooking 419.0 1.0 up, crushed, sliced, soort sliced, soort sliced, sliced, cooked, braised 85.0 3.0 up, crush, sliced, soort sliced, sloped, sliced, soort sliced, sloped, specificated, soort sliced, sliced, soort sliced, sloped, sloped, sliced, slope	23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
03021 Babyfood, meat, meat sticks, junior 100 1.0 stick 09267 Pineapple, canned, water pack, solids and liquids 246.0 1.0 cup, crushed, sliced, or chunks 10176 Pork, fresh, boin, center loin (chops), bone-in, separable lean only, cooked, pan-fried 85.0 3.0 oz 16341 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 cup 16341 Cheese, American, nonfat or fat free 19.0 1.0 cup 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 113.0 4.0 oz 43154 Alcoholic beverage, wine, cooking 4.9 1.0 tup 13981 Beef, chuck, short ribs, boneless, separable lean andly, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 43144 Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 fl to 4.0 oz 43144 Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 fl to 4.0 oz 23305 Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 3331 Ull, industrial, canota with antifoaming agent, principal uses salads, woks and light frying 3.6	04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0
09267 Pincapple, camed, water pack, solids and liquids 246.0 1.0 cup, crushed, sliced, or chunks 10176 Pork, fresh, Ioin, center Ioin (chops), bone-in, separable lean only, cooked, pan-fried 85.0 3.0 oz 16341 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 cup 1060 Cheese, American, norfat or fat free 19.0 1.0 serving 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 113.0 40 oz 43154 Alcoholic beverage, wine, cooking 4.9 1.0 tsp 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 4414 Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 floo 4414 Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 floo 4414 Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 floo 4414 Alcoholic beverage, liqueur, coffee, 53 proof 36.0 3.0 oz 4414 Alcoholic beverage, liqueur, coffee, 53 proof 36.0 3.0 oz 4523 Beef, plate, outside skirt steak, separable l	23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0
10176 Pork, fresh, Join, center Join (chops), bone-in, separable lean only, cooked, pan-fried 85.0 3.0 oz 16341 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 cup 01061 Cheese, American, nonfar or fat free 19.0 1.0 serving 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 113.0 4.0 oz 43154 Alcoholic beverage, wine, cooking 4.9 1.0 tsp 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 14414 Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 fl oz 23305 Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 34414 Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 fl oz 23305 Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 3443 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 3532 USDA Commodity, chicken fajita strips, froze	03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0
16341 Beans, pink, mature seeds, cooked, boiled, with salt 169,0 1.0 cup 01061 Cheese, American, nonfat or fat free 19,0 1.0 serving 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 113,0 4.0 oz 43154 Alcoholic beverage, wine, cooking 4.9 1.0 tsp 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 85,0 3.0 oz 14414 Alcoholic beverage, liqueur, coffee, 53 proof 34,8 1.0 fl oz 23305 Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw 114,0 4.0 oz 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13,6 1.0 tablespoon 25541 Beef, plate, outside skirt steak, separable lean and fat, rimmed to 0" fat, all grades, cooked, broiled 85,0 3.0 oz 05533 USDA Commodity, chicken fajita strips, frozen 9,4 1.0 strip 13324 Beef, variety meats and by-products, kidneys, cooked, simmered 85,0 3.0 oz 19002 Pork, cured, ham with natural juices, slice, bone-in, separable lean and f	09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0
01061 Cheese, American, nonfat or fat free 19.0 1.0 serving 17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 113.0 4.0 oz 43154 Alcoholic beverage, wine, cooking 4.9 1.0 tsp 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 14414 Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 fl oz 23305 Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 23541 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 05353 USDA Commodity, chicken fajita strips, frozen 9.4 1.0 strip 13324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 10902 Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated 85.0 1.0 cup 17134 Veal, sirloin, separable lean and fat, r	10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
17423 Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw 113.0 4.0 oz 43154 Alcoholic beverage, wine, cooking 4.9 1.0 tsp 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 14414 Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 fl oz 23305 Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 04643 Oïl, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 04643 Oïl, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 04643 Oïl, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 04535 USDA Commodity, chicken fajita strips, frozen 9.4 1.0 strip 13324 Beef, plate, outside skirt steak, separable lean and fat, raw 85.0 3.0 oz 1902 Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated 85.0 3.0 oz 11241 Kohlrabi, raw 135.0 1.0 cup <td>16341</td> <td>Beans, pink, mature seeds, cooked, boiled, with salt</td> <td>169.0</td> <td>1.0 cup</td> <td>0</td>	16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0
Alsoholic beverage, wine, cooking 4.9 1.0 tsp 13981 Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 14414 Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 fl oz 23305 Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 4432 Oli, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 45341 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 45353 USDA Commodity, chicken fajita strips, frozen 9.4 1.0 strip 45324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 45324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 45324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 45324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 45324 Beef, variety meats and propoducts, kidneys, cooked, simmered 85.0 3.0 oz 45324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 45324 Beef, variety meats and propoducts, kidneys, cooked, simmered 85.0 3.0 oz 45324 Beef, variety meats and propoducts, kidneys, cooked, simmered 85.0 3.0 oz 45324 Beef, variety meats and propoducts, kidneys, cooked, simmered 85.0 3.0 oz 45325 1.0 oz 45326 1.0 oz 45326 1.0 oz 45327 1.0 oz 45327 1.0 oz 45328	01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0
13981 Beef, chuck, short ribs, boncless, separable lean only, trimmed to 0" fat, select, cooked, braised Alcoholic beverage, liqueur, coffee, 53 proof 34.8 1.0 fl oz 23305 Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boncless, separable lean and fat, raw 114.0 4.0 oz 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 23541 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 05353 USDA Commodity, chicken fajitta strips, frozen 13324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 10902 Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated 85.0 3.0 oz 11241 Kohlrabi, raw 135.0 1.0 cup 17134 Veal, sirloin, separable lean and fat, raw 28.35 1.0 oz 109182 USDA Commodity, checkee, cheddar, reduced fat 113.0 1.0 cup shredded 18079 Bread crumbs, dry, grated, plain 28.35 1.0 oz 19002 Snacks, beef jerky, chopped and formed 28.35 1.0 oz 19002 Snacks, beef jerky, chopped and formed 28.35 1.0 oz 19002 Pineapple, canned, heavy syrup pack, solids and liquids 28.40 1.0 cup, crushed, sliced, or chunks 14167 Beverages, POWERADE, Zero, Mixed Berry 58.60 12.0 oz, boncless	17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0
14414Alcoholic beverage, liqueur, coffee, 53 proof34.81.0 fl oz23305Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw114.04.0 oz04643Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying13.61.0 tablespoon23541Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled85.03.0 oz05353USDA Commodity, chicken fajita strips, frozen9.41.0 strip13324Beef, variety meats and by-products, kidneys, cooked, simmered85.03.0 oz10902Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated85.03.0 oz11241Kohlrabi, raw135.01.0 cup17134Veal, sirloin, separable lean and fat, raw28.351.0 oz01182USDA Commodity, cheese, cheddar, reduced fat113.01.0 cup shredded18079Bread crumbs, dry, grated, plain28.351.0 oz19002Snacks, beef jerky, chopped and formed28.351.0 oz1902Sausage, Italian, turkey, smoked56.01.0 serving 2 oz09270Pineapple, canned, heavy syrup pack, solids and liquids254.01.0 cup, crushed, sliced, or chunks14167Beverages, POWERADE, Zero, Mixed Berry360.012.0 fl oz15057Fish, ocean perch, Atlantic, raw28.351.0 oz, boneless	43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0
Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0 05353 USDA Commodity, chicken fajita strips, frozen 9.4 1.0 strip 1324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 10902 Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated 85.0 10902 Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated 85.0 1.0 cup 17134 Veal, sirloin, separable lean and fat, raw 28.35 1.0 oz 10902 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 18079 Bread crumbs, dry, grated, plain 28.35 1.0 oz 19002 Snacks, beef jerky, chopped and formed 28.35 1.0 oz 09270 Pineapple, canned, heavy syrup pack, solids and liquids 14167 Beverages, POWERADE, Zero, Mixed Berry 150, cean perch, Atlantic, raw 114.0 4.0 oz, boneless	13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 3.0 oz 05353 USDA Commodity, chicken fajita strips, frozen 1324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 9.4 1.0 strip 1324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 10902 Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated 85.0 1.0 cup 17134 Veal, sirloin, separable lean and fat, raw 135.0 1.0 cup 17182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 18079 Bread crumbs, dry, grated, plain 28.35 1.0 oz 19002 Snacks, beef jerky, chopped and formed 28.35 1.0 oz 09270 Pineapple, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, crushed, sliced, or chunks 14167 Beverages, POWERADE, Zero, Mixed Berry 501, 10 oz, boneless	14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0
Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled S5.0 S3.0 oz USDA Commodity, chicken fajita strips, frozen Beef, variety meats and by-products, kidneys, cooked, simmered Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated Kohlrabi, raw S28.35 USDA Commodity, cheese, cheddar, reduced fat USDA Commodity, cheese, cheddar, reduced fat S5.0 S3.0 oz 11241 Veal, sirloin, separable lean and fat, raw USDA Commodity, cheese, cheddar, reduced fat S5.0 S6.0 S7.0 oz S7.0 oz 1182 USDA Commodity, cheese, cheddar, reduced fat S7.0 oz S7.0	23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
05353 USDA Commodity, chicken fajita strips, frozen 9.4 1.0 strip 1324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 10902 Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated 85.0 3.0 oz 11241 Kohlrabi, raw 135.0 1.0 cup 17134 Veal, sirloin, separable lean and fat, raw 28.35 1.0 oz 01182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 18079 Bread crumbs, dry, grated, plain 28.35 1.0 oz 19002 Snacks, beef jerky, chopped and formed 28.35 1.0 oz 07927 Sausage, Italian, turkey, smoked 56.0 1.0 serving 2 oz 09270 Pineapple, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, crushed, sliced, or chunks 14167 Beverages, POWERADE, Zero, Mixed Berry 360.0 12.0 fl oz 15057 Fish, ocean perch, Atlantic, raw 28.35 1.0 oz, boneless	04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0
13324 Beef, variety meats and by-products, kidneys, cooked, simmered 85.0 3.0 oz 10902 Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated 85.0 3.0 oz 11241 Kohlrabi, raw 135.0 1.0 cup 17134 Veal, sirloin, separable lean and fat, raw 28.35 1.0 oz 01182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 18079 Bread crumbs, dry, grated, plain 28.35 1.0 oz 19002 Snacks, beef jerky, chopped and formed 28.35 1.0 oz 07927 Sausage, Italian, turkey, smoked 56.0 1.0 serving 2 oz 09270 Pineapple, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, crushed, sliced, or chunks 14167 Beverages, POWERADE, Zero, Mixed Berry 360.0 12.0 fl oz 15057 Fish, ocean perch, Atlantic, raw 28.35 1.0 oz, boneless	23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated 85.0 3.0 oz 11241 Kohlrabi, raw 135.0 1.0 cup 17134 Veal, sirloin, separable lean and fat, raw 28.35 1.0 oz 1182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 18079 Bread crumbs, dry, grated, plain 28.35 1.0 oz 19002 Snacks, beef jerky, chopped and formed 28.35 1.0 oz 19027 Sausage, Italian, turkey, smoked 56.0 1.0 serving 2 oz 19270 Pineapple, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, crushed, sliced, or chunks 14167 Beverages, POWERADE, Zero, Mixed Berry 360.0 15057 Fish, ocean perch, Atlantic, raw 28.35 1.0 oz, boneless	05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0
11241 Kohlrabi, raw 135.0 1.0 cup 17134 Veal, sirloin, separable lean and fat, raw 28.35 1.0 oz 01182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 18079 Bread crumbs, dry, grated, plain 28.35 1.0 oz 19002 Snacks, beef jerky, chopped and formed 28.35 1.0 oz 07927 Sausage, Italian, turkey, smoked 56.0 1.0 serving 2 oz 09270 Pineapple, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, crushed, sliced, or chunks 14167 Beverages, POWERADE, Zero, Mixed Berry 360.0 12.0 fl oz 15057 Fish, ocean perch, Atlantic, raw 28.35 1.0 oz, boneless	13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0
17134 Veal, sirloin, separable lean and fat, raw 28.35 1.0 oz 01182 USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 18079 Bread crumbs, dry, grated, plain 28.35 1.0 oz 19002 Snacks, beef jerky, chopped and formed 28.35 1.0 oz 07927 Sausage, Italian, turkey, smoked 56.0 1.0 serving 2 oz 09270 Pineapple, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, crushed, sliced, or chunks 14167 Beverages, POWERADE, Zero, Mixed Berry 360.0 12.0 fl oz 15057 Fish, ocean perch, Atlantic, raw 28.35 1.0 oz, boneless	10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0
USDA Commodity, cheese, cheddar, reduced fat 113.0 1.0 cup shredded 18079 Bread crumbs, dry, grated, plain 28.35 1.0 oz 19002 Snacks, beef jerky, chopped and formed 28.35 1.0 oz 07927 Sausage, Italian, turkey, smoked 56.0 1.0 serving 2 oz 09270 Pineapple, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, crushed, sliced, or chunks 14167 Beverages, POWERADE, Zero, Mixed Berry 360.0 12.0 fl oz 15057 Fish, ocean perch, Atlantic, raw 28.35 1.0 oz, boneless	11241	Kohlrabi, raw	135.0	1.0 cup	0
Bread crumbs, dry, grated, plain Snacks, beef jerky, chopped and formed Snacks, beef jerky, chopped and formed Sausage, Italian, turkey, smoked Pineapple, canned, heavy syrup pack, solids and liquids Pineapple, canned, heavy syrup pack, solids and liquids Beverages, POWERADE, Zero, Mixed Berry Sish, ocean perch, Atlantic, raw 28.35 1.0 oz 1.0 oz 1.0 oz 28.35 1.0 oz, boneless	17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0
19002 Snacks, beef jerky, chopped and formed 28.35 1.0 oz 07927 Sausage, Italian, turkey, smoked 56.0 1.0 serving 2 oz 09270 Pineapple, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, crushed, sliced, or chunks 14167 Beverages, POWERADE, Zero, Mixed Berry 360.0 12.0 fl oz 15057 Fish, ocean perch, Atlantic, raw 28.35 1.0 oz, boneless	01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0
07927Sausage, Italian, turkey, smoked56.01.0 serving 2 oz09270Pineapple, canned, heavy syrup pack, solids and liquids254.01.0 cup, crushed, sliced, or chunks14167Beverages, POWERADE, Zero, Mixed Berry360.012.0 fl oz15057Fish, ocean perch, Atlantic, raw28.351.0 oz, boneless	18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0
09270Pineapple, canned, heavy syrup pack, solids and liquids254.01.0 cup, crushed, sliced, or chunks14167Beverages, POWERADE, Zero, Mixed Berry360.012.0 fl oz15057Fish, ocean perch, Atlantic, raw28.351.0 oz, boneless	19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0
14167 Beverages, POWERADE, Zero, Mixed Berry 360.0 12.0 fl oz 15057 Fish, ocean perch, Atlantic, raw 28.35 1.0 oz, boneless	07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0
Fish, ocean perch, Atlantic, raw 28.35 1.0 oz, boneless	09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0
	14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0
23388 Reef Join ton Join steak honeless lin-on separable lean and fat trimmed to 1/8" fat all grades raw 85.0	15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0
25566 Beer, folin, top folin steak, boliciess, fip-on, separable feati and rat, trimined to 1/6 rat, an grades, raw	23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
05061 Chicken, broilers or fryers, breast, meat and skin, cooked, stewed 140.0 1.0 cup, chopped or diced	05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw 28.35	23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05305	Ground turkey, raw	453.6	1.0 lb	0
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0
19365	Toppings, marshmallow cream	28.35	1.0 oz	0
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0
01022	Cheese, gouda	28.35	1.0 oz	0
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0
10868	Pork, cured, ham water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
04660	Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy	13.6	1.0 tbsp	0
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0
05628	Emu, inside drum, raw	85.0	3.0 oz	0
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0
07030	Ham, minced	28.35	1.0 oz	0
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0
11432	Radishes, oriental, dried	116.0	1.0 cup	0
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0
42136	Cream substitute, powdered, light	94.0	1.0 cup	0
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0
19419	Snacks, corn cakes	9.0	1.0 cake	0
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0
05335	Chicken, feet, boiled	28.35	1.0 oz	0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0
07911	Liverwurst spread	55.0	0.25 cup	0
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
11527	Tomatoes, green, raw	180.0	1.0 cup	0
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0